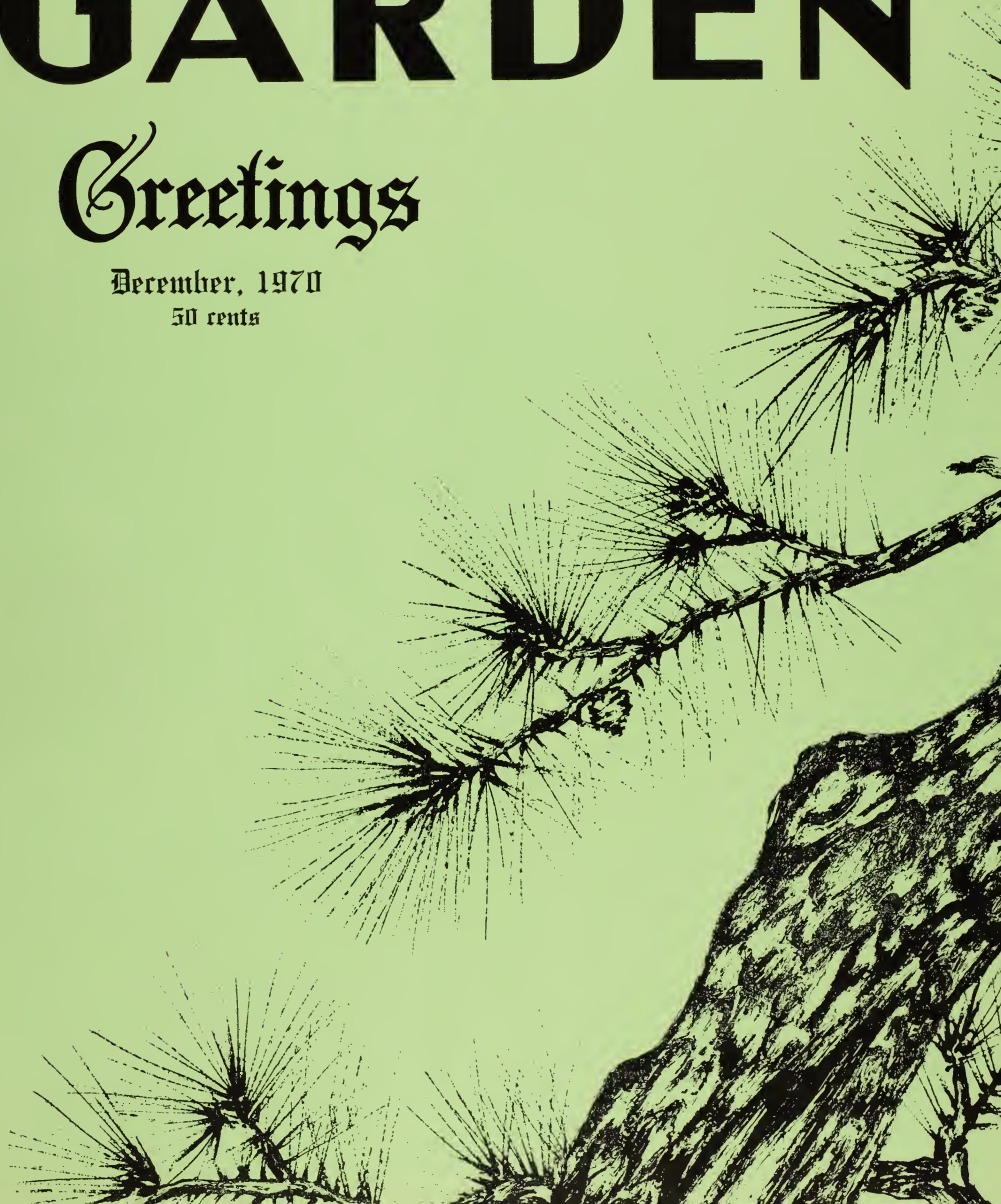


California **GARDEN**

Greetings

December, 1970

50 cents





OTPOURRI

CHRISTMAS in California is quite different from other parts of the world. The holiday season begins on the first of December and lasts until the seventh of January. Over ten percent of the people of the United States live in California and they all adapt their customs to the holidays. It is not really a religious holiday, but a time for friendships and the renewing of life and for remembering. For many, either a Christmas or a New Year religious observance is an important part, too. Our people come from various backgrounds: the Mexican-Indian heritage is strong, the Orientals have brought their customs of celebrating the New Year, the refugees from Europe observe their customs and peoples from all parts of our country have retained their childhood customs. The Holiday Season is observed with plants, special foods, fascinating lore, exciting decorations and colorful happenings. So, *California Garden* departs a bit from the usual format to bring our readers this intriguing potpourri, A California Christmas.

Barbara S. Jones, Editor



THE QUEST AND LOSS OF PERSONAL PEACE

A Christmas message from the President of the San Diego Floral Association . . .

Seasons Greetings: Peace on this Earth, goodwill toward men.

Christmas 1970 finds us in quest for peace on this earth, for peace in a war in which we have become involved and in which the young men of our nation have been and are fighting. The quest for peace seems as old as man. There have been short periods of peace throughout history; but for the most part, the greatest peace on earth has been achieved through individuals who transcend the troubles of this earth to the ivory towers of peace within the self.

Those who get their hands into the loam of this earth, who plant the flowers and who water the trees have a better chance for getting to know the fundamental truths of nature. Peace within one's self then comes easily.

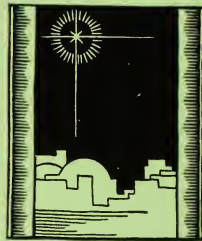
Yet, many who find this peace abandon it. These people pause with hoe and shovel in hand and take up the presidency of a garden club, chairmanship of a committee or directorship of a board and become innovators in civic endeavor for parks and beautification and for saving the earth itself. This is frequently a thankless task and there is no peace for these people who chance getting a broken heart and losing friends through issues. There is a greater chance for migraine headache and trauma of ulcer producing strength than there is a chance for bouquets, achievement, acclaim or even success.

In times of introspection and remembrance of peace lost, an intelligent creature must ask, why?

The answer is: Change is possible. The chance to do some good exists, however small and there is hope for improving the total situation of the earth. The loss of personal peace is bargained for this hope.

In a season when men exchange the greeting "Peace on earth and goodwill toward men" the naturalist and the gardener must humbly add, . . . and please . . . goodwill toward the earth.

Virginia M. Innis





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Founded 1907—Incorporated 1910

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and Largest Garden Club

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CALIFORNIA GARDEN

Vol. 61

December 1970

No. 6

THE COVER

We complete the circle of 1970 by using the cut of the pine done by Sadako Oehler with kimono painting techniques.

The poinsettia, Anetta Hegg, picture on the back cover is by Betty Mackintosh and the haiku is by Associate Editor, Grace Brophy.

The candy-cane colors of this issue were donated by Ann Bowen.

CONTENTS

Potpourri	2
Floral Association President's Message	2
Living Christmas Trees <i>by George James</i>	4
A. D. Robinson's Thoughts on Christmas	5
A Gift of Herbs <i>by Josephine Gray</i>	6
Mr. Poinsettia—Paul Ecke <i>by Barbara Jones</i>	8
Perils of Poinsettias <i>by Alice Clark</i>	9
Poinsettia Legends	9
Holly <i>by Helen Witham</i>	10
Mobiles <i>by Virginia and Don Innis</i>	11
Helleborus the Christmas Rose <i>by Vera Morgan</i>	12
Greetings with Arrangements <i>by Dorothy Marx</i>	13
Holiday House Plants <i>by Alice Clark</i>	14
Wreaths and Swags	15
Sweet Potatoes <i>by Rosalie Garcia</i>	16
Holiday Corsages <i>by Duane Bud Close</i>	17
Tater Recipes <i>by Grace Brophy</i>	17
Plant Walk in Torrey Pines State Reserve	19
What's Cooking in California	21
Language of Flowers	22
Sparkling Arrangements <i>by Virginia Innis</i>	23
Preserving Arrangements <i>by Loretta Crocker</i>	23
Ikebana-Shogatsu <i>by Rikyū</i>	23
California Christmas <i>by Barbara Jones</i>	24
Christmas Cactus <i>by Dr. Leroy N. Phelps, PhD.</i>	26
Christmas Cheer <i>by Nibby Klinefelter</i>	26
Seasoning Boughs <i>by Virginia M. Innis</i>	27
Living Wreaths <i>by George Kempland</i>	29
Potting Bench	30
Treasure Ship	31
Complete Volume 61 Index <i>compiled by Grace Brophy</i>	32

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LIVING

CHRISTMAS

TREES

George James

THE USE OF A LIVING CHRISTMAS TREE for indoor decoration during the Holiday Season appeals to many people because the same tree may be used in a container for several seasons or be planted in the garden after the holidays. Now that it is common knowledge that trees are effective in removing some of the pollutants from the air, it seems as if living trees will become more popular. There are problems and limitation, none of which are beyond control, to this use of trees.

Those who plan to use a living Christmas tree are urged to visit a nursery early to select their tree, because nurseries start to stock trees for this purpose on or before the first of December. (The more adventuresome may drive to a tree farm.) One can find several varieties of pines; several varieties of spruce; *Cedrus deodora*; some upright growing varieties of junipers; and perhaps an Incense Cedar. These have been grown and pruned to create a tree of suitable shape and density for use as a living Christmas tree. Some of the trees have been grown for their entire life in containers, and others, usually the larger sizes, have been grown in the ground and dug with a ball of soil and set into the container.

The environment found in a house or commercial building is not the best for growing most kinds of plants. The hu-

midity is too low for the average temperature maintained for the plants to thrive. Also, the level of light is low when compared to that normally enjoyed by plants in the full sunlight. For these reasons a living Christmas tree should be kept indoors for the shortest period possible. Trees which have been grown in a container or field grown trees that are well established (in the container for a year) are better able to stand the indoor conditions than those which have been recently dug from the ground and set into a container. A field grown tree should be purchased at least a month before using it for indoor decoration. During this period the tree should be kept in a cool, shady place and the foliage sprinkled several times a day to maintain high humidity around the tree. Weekly applications of root-developing hormones could also be made to the soil around the tree. These practices will aid the tree in overcoming the shock it suffers from having part of its root system cut off. The tree is allowed to use little energy to support itself and the greater part of its energy to repair the root damage. A tree which is subjected to both the shock of root cutting and the indoor environment at the same time will suffer, and may drop excessive quantities of foliage or even die as a result of the stress it is under. It is to be expected that any living Christmas tree will shed some foliage indoors because of the low humidity and light levels.

When living trees are taken indoors their water needs will increase. Some

provisions must be made for watering these trees while indoors, and some provision made to catch the excess water which will drain from the tree container. Good drainage is most essential and drain holes should not be plugged up, because the excess water will collect in the bottom and kill the roots it covers. The soil around the roots should be moist at all times but not wringing wet. A little water applied every day or two should keep a tree moist enough. Trees should be placed in the coolest part of the room, away from heat or light outlets if possible.

Recently antidesiccant materials for use on growing plants have become available to home gardeners. These have been used for some years by the commercial nurseryman to prevent excessive water loss by growing plants. The antidesiccant reduces water loss by partially sealing the pores which release water and gases to the air. The use of an antidesiccant on living Christmas trees that are used indoors greatly reduces the strain the tree is subjected to. The antidesiccant is applied from an aerosol container to cover all the above ground parts of the plant. It can be used to prolong the life of cut Christmas trees or other cut foliage used indoors, too.

There are those who like to change nature's handiwork by applying flock to Christmas trees. If you feel the urge to create a color scheme that is beyond the natural one, feel free to apply flock to your living tree. It will not damage the tree, in fact, it may act in the same way

George James, Garden Care feature writer, is an experienced horticulturalist and gardening teacher. He studied under his father, a nurseryman, and at U.C. at Davis. He has lived in the San Diego area since 1913 and is well versed in our local gardening situation.

as the antidesiccant and reduce water loss from the tree. Remove the flock as soon as the holidays are over so the foliage of the tree can return to its normal function of preparing food for the plant.

Some thought might be given to using living Christmas trees outside of the house on porches, patios or outside a large window where the tree can be seen from indoors. Any of these locations would provide a very suitable environment for the tree, and it could be kept in use as long as desired without the tree suffering.

Mr. Arthur Maley, the Director of Parks and Recreation for the City of National City, has evolved a plan that other communities might like to adopt. Mr. Maley asks individuals and business and social organizations to donate a living Christmas tree to his department. These trees are used to decorate the Municipal Buildings for the holiday season, and after the holidays, the trees are planted in one of the City Parks. He will accept for planting in the Parks living Christmas trees which have been used in homes and places of business.

A. D. Robinson's Thoughts on Christmas

December 1909 — California Garden Vol. 1, No. 6.

Did it ever occur to you that cutting of the Xmas tree encourages the culling down of the finest and most symmetrical of the young trees that bear cones. Soon every city railroad yard in the country will present the sorrowful spectacle of cars loaded to their capacity with these pitiful babies of the forest, massacred in commemoration of the Prince of Peace. For the wanton pleasure of the children of today, we destroy the trees that the men and women of a few years hence will need for building homes.

December 1911 — California Garden Vol. 3, No. 6.

And now comes the Christmas tree and the wholesale slaughter of the young firs to provide it. The Garden would not lop off a single item that stands for the good time of Christmas, but it would like to see families growing their Christmas trees. Think of the added sentiment that would attach to a real live tree that served a family year after year, growing with the children, and when it got too big, taking an honorable and permanent place in the garden. If there was a demand it would soon be met by the nurserymen. Many varieties would serve the purpose—the cypress used for hedges would do admirably and may be trimmed in any form; even a growing Santa Claus could be made. Let readers of the Garden start the custom, and find out now whether any nurseryman can fill an order for a Christmas tree growing in a tub.

December 1912 — California Garden Vol. 4, No. 6.

Christmas again. The fourth Christmas

A. D. Robinson was the founder of the Floral Association and this magazine.

for "The California Garden." That is almost old age for a publication that has no paid staff, no solicitor, no politics, and does not offer as a premium a jack-knife or a set of decorated china. Can it be that it has lived so long because it is worth the price? Let those who have worked so hard to make it what it is, have a dressing to their turkey and sauce to their plum pudding the thought that so it is.

With the cheerful thoughts of Christmas comes the great sacrifice of the fir trees to pander to the sentiments of the season. No one with a spark of good feeling would care to clip one tinsel scale off the children's good time, but it does seem that a popular move should be made to discourage the wholesale cutting of the young trees just to serve as pegs whereon to hang presents and lights one evening. There is perhaps less excuse for this in San Diego than in most places, for the weather at Christmas will usually permit of the festivities being held out of doors with a living, growing tree as a center.

December 1913 — California Garden Vol. 5, No. 6.

Once again at Christmas time The Garden makes a plea for the little firs and pines that yearly fall victims to our Christmas tree habit. That the sacrifice of a little tree should help to spread "Peace on earth and good will towards men" is a fiction. We still hang to the Christmas tree because to do so is less trouble than to think up something else for the children. Then there are hundreds of trees in tubs in Balboa Park to show that we might keep the custom and the tree.



And a Merry Christmas to all those outside as well as those within The Garden family, and if any should be in doubt as to the kind of present to give us, we like subscriptions for soup, advertisements for the roast and articles for dessert. (*Ed. note: and we still do!*)

December 1914 — California Garden Vol. 6, No. 6.

A Merry Christmas to you all. May you be able to pay your debts, so your creditors can pay theirs. May the tourist be like an aphid plague in the land. May you remember how long and how hard we have toiled at this magazine and act accordingly.

If none of these things come to pass, we still say "Be Merry!" To be otherwise does you no good and is most unpleasant to those around you. This is a delectable land; you can rejoice because it rains and smile because the sun shines, and it takes only a small-bored optimist to have a good time. Once more, a "Merry Xmas."

*Ed. Note: We still, after sixty-one years, put out *California Garden* in the same way. Today we are still growing—so we think it must be worth the price. Thank you. BJ



A GIFT OF HERBS

Josephine Gray

ON ALL SIDES AT CHRISTMAS one hears groans at the end of a shopping foray. "Why does the simplest gesture have to be made so complex and expensive?" I wonder why we can't give small uncomplicated gifts with joy and pleasure instead of foolish expensive things with a kind of sullen resentment at the whole season? Being an "ancient-of-days," I remember when children gave their mamas and papas pot holders and pen wipers; maybe that era could be called "the good old days," but in spite of the memory of the breath-taking beauty of a great tree covered with burning candles, I'm happy to be living in the deep-freeze electric blanket Now. However, we can go back and pick up a few simplicities and bring them up to date. I'll skip the pen wipers, but you know I'm going to say "do it with herbs."

Herb vinegars are delightful and always welcome, particularly if they are not the ones to be found commercially. Don't bother with tarragon for it is prevalent on grocery shelves, but rosemary, English thyme, lemon thyme, burnet, marjoram, basil, particularly the Dark Opal variety which turns a beautiful pale ruby color make interesting vinegars. Save bottles of various sizes all year long. A clutch of miniature liquor bottles, each with a different flavored vinegar, put in a small basket with rosemary sprigs among them make an attractive gift. They are easy to make, and here is how.

On an early morning before the sun gets to them to release their oils, cut four or five inch sprigs of the larger herbs, two or three inches of the thymes; you

want to leave enough growing material on the plant so that you can harvest them again in a few months. Fill a quart jar about three quarters full of herbs and bruise the herbs slightly, then almost fill it with warmed (not boiling) white vinegar or white wine vinegar. Before you put the lid on, fit a square of aluminum foil over the mouth, otherwise the acetic acid will rust the cap and it can't be unscrewed. Set it where you will see it for ten days and give it a good shake every day as you pass by. At the end of that time, assemble your bottles, sprigs of the fresh herb, a sieve, a large pouring vessel and a funnel with a four or five layer pad of cheesecloth in it. Pour the whole business into the sieve over the measuring cup and squeeze the herbs dry, then pour the vinegar over the cheesecloth into the bottle, pop in the fresh herb, cap, label, and lo! Merry Christmas!

Herb jellies are another desirable gift for those who like to cook. Here are two basic methods. For the first one, wash fresh herb leaves and shake off all moisture and spread to dry for a few minutes. Then crush the herbs thoroughly with 1/4 cup sugar in a saucepan; it is very important to mash them with a vengeance otherwise the herby flavor will be overshadowed by the fruit juices. Add the remaining sugar blending it well with the crushed herbs. Stir in the liquid. Simmer for eight minutes. Add vegetable coloring if required and bring to a rolling boil. Add liquid pectin, stirring constantly for half a minute. Skim jelly and pour through a very fine sieve into clear glasses. Cover with melted paraffin. If you have some pressed leaves or flowers of the herb used in the jelly it is pretty to place one of them into the paraffin before it has hardened. Cover the top of

the glass with clear plastic wrap and secure it with scotch tape, and over the tape tie a narrow ribbon that harmonizes with the color of the jelly.

* * *

Basil Jelly

2 tbs. basil
1 cup tomato juice
1/4 cup lemon juice
1/4 cup water
3/4 cups sugar
1/2 bottle liquid pectin

Sweet Marjoram Jelly

2 tbs. sweet marjoram
1 cup pineapple juice
1/4 cup lime juice
1/4 cup water
3/4 cups sugar
1/2 bottle liquid pectin

Rose Geranium Jelly

1 1/2 tbs. rosemary
1/4 cup orange juice
1/4 cup lime juice
3/4 cup water
3/4 cups sugar
1/2 bottle liquid pectin

* * *

In the second method you start with a strong Herb Tea; add 4 tbs. fresh, or 2 tbs. dried herbs to 1 cup boiling water. Cover, steep (in porcelain or glass) 10 minutes, strain through cheesecloth. Combine 1/2 cup Herb Tea with 1 cup fruit juice, 3 cups sugar. Bring to a boil. Add 1/2 of a 6 oz. bottle of fruit pectin. Boil up again, stirring always. Skim, pour into glasses and cover with paraffin. Makes four (6 oz.) jars.

I wonder if some of the juice combinations in the above recipes couldn't be incorporated into this method?

Flat scented pads are wonderful to put in a linen cupboard or lingerie drawer. Make them of organza about 7 x 9 inches in size. I fill them to be rather plump, then tuft them in several places with narrow colored ribbon or gold cord. They are particularly pretty if, with white or-

Josephine Gray does her gardening at Rancho Santa Fe. She hates to "thin-out" so her garden is a delight. Her hobby is researching herbs and growing and using them.

ganza you have used petals of dried blossoms, larkspur, calendula or carnation. For these pads I use lemon verbena and rose geranium, and if the lavender crop has been good, I add a small handfol.

If you have a gardening friend who comes in tired and aching to a hot bath, make cheesecloth bags which hold a handful of dried herbs. Use lemon balm, lemon verbena, sweet marjoram, bergamot or other mints, lavender and rose geranium. Fill the bags with individual herbs or combinations as you choose and pack them in a pretty glass jar and label it. You don't want sweet herbs to end up in your friend's stew! One makes a strong tea with these bags, steeping them for about fifteen minutes before pouring the liquid into the bath.

Individual bags meant to use in cooking can be made of two and a half inch squares of cheesecloth filled with the herbs which lend themselves to particular foods.

- 1—For ground beef mixtures: 1 tbs. each of summer savory, basil, sweet marjoram, thyme, parsley and celery leaves.
- 2—For vegetables: 1 tbs. each, summer savory, sweet marjoram, chervil, basil.
- 3—For pork: 1 tbs. each, sage, basil, summer savory.
- 4—For lamb and veal: 1 tbs. each of sweet marjoram, summer savory, rosemary.
- 5—For egg and chicken dishes: 1 tbs. each of summer savory, tarragon, chervil, basil, chives.
- 6—For fish: (2 cups liquid) $\frac{1}{4}$ ts. each of sweet marjoram, thyme, basil and sage, crushed seeds of fennel.
- 7—For soups and stews: (2 qts. liquid) 1 ts. each of parsley or chervil, thyme or summer savory, basil and sweet marjoram, celery leaves; $\frac{1}{2}$ ts. each of sage, rosemary, dried ground lemon peel.

These combinations are taken from Rosetta Clarkson's Herb book.

The things which can be made from herbs are almost endless and these are only samples to set your imagination to working. One of the loveliest gifts is a small fresh herb wreath. (I make them for very special friends.)

To make: First, cut bunches of all the herbs you have except the ferny ones and lemon verbena which don't last well. Keep them separated from each other in small cans or glasses of water, and if possible let them sit over night so that they can soak up all the water they will. Now make a wire circle about six inches in diameter and wrap it with damp sphagnum moss, to a satisfying thickness, winding it tightly and securely with green florists' wire. Cut the straggly ends of the moss off with scissors, to make a smooth wreath. (I do this job out of

doors for it is a messy one.) Fasten small bunches or sprigs of the herbs to the wreath with invisible hair pins, if they poke clear through the wreath, splay the ends apart because it doesn't matter whether they show or not for the back is bare anyhow. Bits of gray santolina and lavender vary the predominant green, as do brown and green seed heads of rue. Not many of the herbs are blooming at this season, though occasionally rosemary will have enough blossoms for an accent. The several variegated sages are an attractive addition. The various thymes, silver, gold, lemon as well as winter savory and rue alternate as your ingenuity dictates.

I present the wreath on a pie tin paint-

ed dark green with advice to return it to the pan, to which a little water has been added, each night. If the moss is kept damp, the wreath will last for several weeks. The wreath may be used as a centerpiece; one friend puts it on a large chop plate and fills the circle with small green or yellow limes or Christmas baubles. Sometimes I have a succulent which gives a pinkish red blossom at this time of year and I use it for a spot of brightness. Whether the wreath is hung or laid flat it is a charming thing and an interesting conversation piece.

This from my garden to yours: a healthy fragrant growing season and God Rest Ye Merry!



Green boughs were used by the ancient Romans to signify good luck in the new year.



Yule is derived from *yole* which came from the old English *geol* which came from an older word *rol* which meant a wheel that indicates the seasons. The Yule Log ceremony comes from the Scandinavian countries and England and a log, selected the summer before, is kept burning for the full twelve days of Christmas. It was believed that all who helped bring in the Yule Log would come to no harm in the coming year.

Above: A tradition that spread around the world was started at Hotel del Coronado in 1904. The suggestion of Mrs. Martha Ingersoll Robinson, mother of Mrs. Joshua Baily of San Diego, led to this first-in-the-nation electrically-lighted outdoor living Christmas tree. Carl H. Messner of Pacific Beach did the electrical wiring. (Photo from the Historical Collection, Title Insurance and Trust Company, Union Title Office, San Diego.)



Poinsettia fields in Encinitas.

WE WERE OUT ON A COUNTRY dirt road taking pictures of the poinsettia fields which reach to and over the horizon when a gentleman stopped and asked if he could help us. We explained our purpose and he directed us to fields of other flowers. Then he invited us to see his greenhouses. We accepted and found our host to be Paul Ecke, generally known as Mr. Poinsettia.

Miles of greenhouses. You can't believe it until you have seen it. Anyone who grows plants would marvel at the immaculately clean greenhouses filled with growing poinsettias.

Paul Ecke knows which pots will have what poinsettia and how many blooms each will have from one to fifteen. He controls the heights so a customer can order them by inches, honestly. He knows just what date each plant will be ready for market, too. Each year five million poinsettias are produced at the Ecke farms of Encinitas to the customers specifications. Growing stock is sent via air to nurserymen all over the world. Most of his Christmas plant business is in the Western States though.

It takes fourteen hours a day of darkness for a poinsettia to set bloom and the bract to take on color. By placing black plastic covering over the plants they can be made to bloom at anytime. (He says they are always filling orders in summer for magazines and advertisement houses who must prepare Christmas photos early.)

Over 10,000 crosses are made each year and seven greenhouses are devoted to the

development of new and better poinsettias from these seedlings. The seedling plants are carefully watched and any that look promising are then given the



"works." The plants are tested for ability to last in home conditions, for time of bloom (too early or too late for Christmas is not good), ease of vegetative propagation, etc. When all decide that they have a good one—it will be on the market the next season. Mr. Ecke said they get a good new one about every ten years. Their newest development F2 took only seven years. F2 is a lovely dark pink poinsettia which looks fluorescent. It has

many rich dark green leaves, too. Beautiful.

We saw white ones, pink ones, red ones, yellow ones, variegated ones, big and small—a wonderland!

Albert Ecke started growing poinsettias along Sunset Blvd. in Hollywood in 1909. By 1923 city growth forced them to move and Paul Ecke started his Encinitas farm in 1923. Paul Jr. now manages the business. A third generation Ecke is managing the farms, aided by third generation workers and selling to third generation customers.

Last year Paul Ecke was elected to the Horticulture Hall of Fame by the Society of American Florists.

We couldn't resist asking which plant we should get and how to treat it. He advised Eckespoint C-1, a beautiful red, long lasting, hybrid poinsettia. It will keep its leaves for over three months in the home or office if placed in a sunny location and watered daily.

We had a delightful afternoon as we "galloped" through poinsettias after this very young 75 year old plantsman, Paul Ecke.



Mr. Poinsettia

Paul Ecke

Barbara Jones

PHOTOS BY ANNE GALLOWAY

Perils of POINSETTIAS

Alice Rainford

POINSETTIAS WERE NOT WIDELY KNOWN when we first began to ship them.

Very few were grown in greenhouses until after California made them a popular Christmas flower by shipping them by express to San Francisco, Chicago and Denver. Kate Sessions began it. I can't say for sure the exact date but it was before 1909 when I purchased the florist shop and while I still worked for her (after 1898).

Once when we were getting out a lot of crates of flowers to go to Chicago, and as usual were a bit late, I was at the

Alice Rainford is our 90 year young writer who still shares her knowledge of horticulture with us plus her memories of bygone days.

Experimental Greenhouse where plants are tested. Heat is controlled and the plants are automatically watered with thin tubes running from overhead pipes to the soil surface.



PHOTO BY ANNE GALLOWAY

downtown store and she was at the nursery packing. She telephoned me she would be ten minutes late for the train. She instructed me to go to the depot and if necessary lie down on the track in front of the engine. She felt that would delay long enough while they got the police to remove me. Fortunately, I had known the conductor since I was a child. I went down to cajole and persuade. Mr. Leonard, the conductor, went with me up to the engine. While we were all talking by the engine, we heard KOS coming down India Street shouting at the horses. I had told the expressmen to have their transfer truck on the ready to meet her wagon. They held the train, I did not have to lie down on the tracks, and the

THERE ARE TWO LEGENDS concerning the poinsettia, one Mexican, the other Indian.

The Mexican one concerned two children, Pepita and Pedro. Pedro told Pepita that he had a red and yellow and green candle which he was to present to the Infant Jesus at Midnight Mass. Pepita, having no gift, gathered a handful of weeds by the wayside and brought them to the altar. When the villagers came to Mass, the weeds had miraculously turned into the Flor de Noche Buena, the flower of the Holy Night, or the Poinsettia.

The Indian legend concerned the young boys of the Toltec tribe who defended the temple of their god, Quetzalcoatl, against the Aztecs. When the Toltec warriors had been slain by the Aztecs, the young boys collected the colorful feathered head-dresses of their slain elders and donned them. Quetzalcoatl, touched by their courageousness, transformed the feather tips of their head-dresses into tongues of living flame, frightening off the Aztec invaders. After laying down their armor on the ground, poinsettia plants sprang up, commemorating the heroism of the young fighters.

G.B.



PHOTO BY BETTY MACKINTOSH

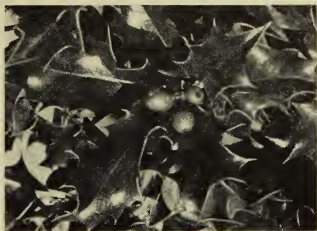
poinsettias arrived for Christmas.

We used light spruce crates made of shakes, I think, to ship the poinsettias. The flowers were placed carefully, paper between, stems nailed with cleats, to prevent shipping back and forth. Instructions were attached explaining that the bloom of the poinsettia was a bract more like foliage and that they were to be sprayed with water on arrival as you would lettuce. To prepare them for shipping the stems had been boiled at the base about six inches to stop bleeding. Also, they had been dipped in sulphur at the cut which also deterred bleeding. These first shipments proved of interest and dealers began to ask for cuttings to grow poinsettias in greenhouses.

Euphorbia heterophylla is an annual poinsettia with small dark red bracts centered with dark green. It is commonly known as Mexican Fire Plant, Mexican Poinsettia, Annual Poinsettia, etc. It grows from seed and does well in a rich bed which receives morning sun.



PHOTO BY ANNE GALLOWAY



HOLLY

Helen Witham

HOLLIES COME from England, from North and South America, from France, Japan, and Taiwan, by the dozens and the hundreds. Then there is a whole set of plants that get themselves called "Holly": Desert Holly, Summer Holly, Holly Grape, Sea Holly, California Holly. Plus another set that is actually named after the genus *Ilex* (holly). These last are plants with wavy leaves and bristles or spines on the teeth. *Prunus ilicifolia* (Holly-leaved Cherry) and *Rhamnus crocea* var. *ilicifolia* (Holly-leaved Redberry) are two that come to mind. Then there is an oak named *Quercus illex*.

What does all this prove? It proves that a great many English-speaking people know a holly when they see it, and sometimes even when they see something else.

Shiny leaves with spiny edges? Call it Holly Grape, even though its flowers are yellow and its fruit is blue (*Berberis aquifolium*). Desert Holly is a saltbush with silvery leaves and no berries at all, but this matters not, the leaves when dry are ashy-white and "wavy, with points" — so call it holly. Summer Holly is *Comarostaphylos*, with red fruits in summer of all times, but never mind the season — it has clusters of red berries doesn't it? Sea Holly, spiny all over, is *Eryngium*, and it is blue, not just blue-flowered, but blue all over, a most astonishing shade of blue which must be seen to be believed. Plants don't come in that color, or do they? This one does.

Quite a number of the true hollies do not have wavy leaves with sharp bristles.

Helen V. Witham, a native of San Diego County, has always been interested in plants and wildflowers. For the past 5 years she has been specializing in native plants. She is the assistant Curator of Botany at the Natural History Museum where she also teaches classes and leads nature walks.

Some have fruit that is yellow or black or even white. Now, do you know a holly when you see it? Of course you do — it's that plant with prickly leaves and red berries in midwinter!

Putting tongue-twisters and mind-bogglers aside, we learn that the genus *Ilex* is a very large and widely cultivated one. Depending on which authority is consulted we find that the number of kinds of holly in existence is 300 or 500 or some number in between. Hollies of one kind or another appear in temperate and tropic zones both north and south of the equator. Most used in gardens is *Ilex aquifolium*, native in Europe, Africa and China. When we think the word "holly" we usually picture some variety of this species, and surely it must have appeared on more Christmas cards than any other kind! Its shining deep green leaves, stiff habit, and smooth red berries spell "Merry Christmas."

How did it come to be symbolic of Christmas?

Many Christmas customs and legends come down to us from the Druids, those priests and philosophers of ancient days in Gaul and Britain. The holly tree to them was a sacred plant. It was their custom to decorate the interiors of their dwelling-places with evergreens in which the woodland spirits might take refuge from the rigors of winter. This custom became intertwined with Christian lore and tradition in several different countries. In Italy sprigs of holly were used to decorate the manger of the Christ child. In Germany, where it is called Christdorn (thorn used in the crucifixion), legend says that once the berries were yellow, but they became stained with the blood of Christ.

During the midwinter festival of Saturnalia the Roman people used to send boughs of holly to their friends as tokens of good-will and esteem. Historians consider this custom to be the basis for our decoration of homes and churches at Christmas time.

Even the bringing in of the holly had its superstitions. In Wales, if brought in before Christmas, it was sure to cause family quarrels throughout the year. In parts of Germany and England, where the prickly varieties were known as He-Hollies and the smooth-leaved ones as She-Hollies, the kind brought in would determine who was to be the dominant figure in the household during the year.

Among the Ulster Scots of Pennsylvania the condition of the weather at the time the holly was brought in was thought to determine who would run the household during the ensuing year; fine weather meant the wife would rule; rough weather, the husband would have a turn.

Removal and disposal of the Christmas holly had their own superstitions. In parts of England it was considered unlucky to leave holly up after Twelfth Night, lest the maidens of the household be visited by a ghost for each leaf in the decorations. Others said that a misfortune for each leaf would befall those not heeding this rule. The holly could not be merely thrown away but must be burnt else the ill-luck would continue throughout the year.

Elsewhere in England holly was to be taken down before Shrove Tuesday and burnt on the same fire on which the traditional pancakes were to be baked. Failure to heed this belief would result in misfortune. Another belief was that the holly must be saved until the following year to protect the house from lightning. Like other thorny plants the holly was believed to have the power to turn away evil spirits as well as lightning.

Among old English traditions is this one; even the bees must be wished a Merry Christmas and a sprig of shiny green and bright red holly must adorn each hive.

AND A VERY MERRY CHRISTMAS TO YOU AND YOUR BEES!

moBILEs

Virginia and Don Innis

Materials*: piano wire, various sizes
or bamboo or grape vine
thread or nylon fishing line
airplane glue
objects

Mobiles depend upon balance to "work." You need a little mechanical ability and a lot of patience.

They are made from the bottom to the top.

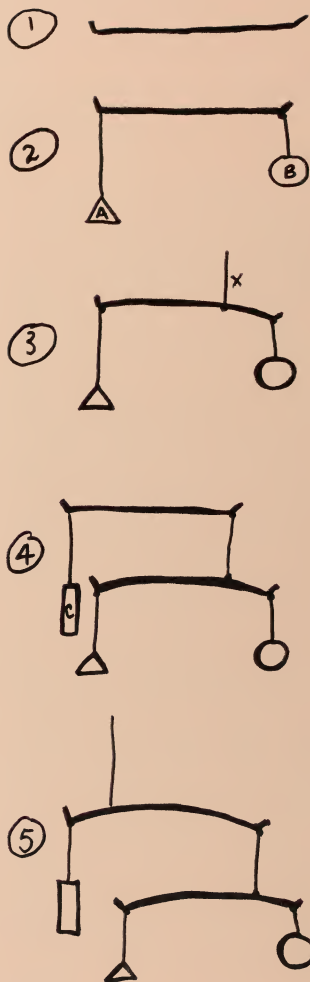
1. Cut a piece of piano wire the desired length and crimp the ends about $\frac{1}{4}$ inch.
2. Attach objects "A" and "B" to lengths of black thread. Secure thread with drop of glue.
3. Attach another thread "X" to the wire to suspend it. Balance may be achieved by pushing the thread until the balance point is found. When balanced add drop of glue to point.
4. Tie the suspension thread to another prepared piano wire (as in step 1). Add another object "C" to the opposite end.
5. Hang the entire structure by another thread at the balancing point. When balanced, place a bit of glue to hold more firmly. If mobile is off balance a bit more glue will give extra weight.
6. Continue to add pieces as in step 4 until bushed.

TO STORE: Start from the bottom and roll each object and its string around a paper napkin. Pin each section to the bottom inside of a cardboard box. Work until all are pinned down. If the mobile becomes tangled — forget it — and make yourself a new one.

* Piano wire can be purchased at hobby stores. If wood is used, be sure it has hardened. If heavy objects are used a swivel (fishing) can be used at the top for more motion.

Let your imagination be your guide. The objects can be flowers, origami, driftwood, shells, bottle caps, abstract shapes, Christmas ornaments, etc. A delightful gift for a special friend (or for you)?

Virginia, Floral's President, and architect husband, Don, often make mobiles for friends as gifts. Each mobile has its own theme and all are delighted to receive their clever handiwork.



MISTLETOES are parasitical plants found in southern regions on deciduous and evergreen trees and shrubs. A western form (*Phoradendron macrophyllum*) grows in bushy clumps primarily on poplars and willows. The common mistletoe (*P. villosum*) is found in oaks. The mesquite mistletoe (*P. californicum*) is often used by Californians and it is char-

acterized by its slender, pendulous branches. It is found on mesquite and creosote bushes. But no matter which variety, it is used as part of the Christmas festivities and no decor is considered complete without a sprig with a few white berries.

Custom decrees that anyone found under the mistletoe can be kissed. Fortun-

ately the centuries old English tradition that if a young man kisses a maiden under the mistletoe he pledges his life and his love to her is no longer believed. We in California and the West ascribe more to the ancient Druid beliefs that when hung over the doorway it signifies that all who enter come in peace and friendship. BJ

HELLEBORUS

the
Christmas Rose

Vera Morgan

HELLEBORUS, the Christmas Rose, is really not a rose at all—it is a buttercup belonging to the *Ranunculaceae* family.

Perhaps the best known variety is the Christmas rose, *Helleborus niger* because of the legend that is so often used at Christmas time. It comes from Greece and is named *niger* because of its black roots. It has solitary whitish, green or purplish flowers with green petals and prominent stamens. Its 2-2½-inch flowers bloom from December to April. The foliage is excellent and the flowers last well when cut. The hellebores are an attractive addition to the shade garden, and when established in a spot they like, they are not at all difficult to grow. The five-petaled flower, about 3½ inches across, bloom from October to March.

Helleborus is an ancient name, meaning "unknown" apparently because the origin of these flowers is lost in antiquity. However, most of our modern varieties come from eastern Europe and Western Asia around the Caucasus Mountains. Hellebores are nearly stemless plants, long stalked, with oval leaves at the base and the tip leaves divided in finger fashion. Flowers have five petal-like sepals and the petals are so small as to be hidden by the numerous upstanding golden stamens. The leaves are of strong texture with seven or more leaf divisions, some very narrow and others wide and serrated.

Culture

Plant under high-branched trees or at the base of wall to get shade and protection from strong wind. They love to be planted in rich loam and coarse sand with a top dressing of well rotted manure laced with a sprinkling of lime. They prefer

moist, well drained soil but they don't care for acid soil. The soil should be deeply dug, at least one foot, and enriched with bone meal. They will need half-strength fertilizer every month since they are lusty feeders. Light shade and protection from cold drafts are musts in choosing the spot to grow them. Like the gardenia plant, they remain static if they are placed where they receive a cold draft.

They do not like to be disturbed and take a long time to recover after being moved. One person who has grown them for 18 years, has only divided them once. Another man who has grown them for 21 years, reported that they had no diseases nor pests in that time. This surely would make hellebores the ideal plant for the lazy man's garden.

Propagation

Hellebores may be divided in spring, being as careful as possible not to tear the roots. Select a division for planting that has at least one leaf and at least three buds or eyes. With less than that, the division may fail to grow. Plant divisions 12 inches apart, with the eyes one-half inch below the ground level. Unlike the rose whose name it bears, hellebores may fail to grow if the bud is above the ground level.

They can also be grown from seed. Sow in a cool spot as soon as matured. They will come up in late winter of the next season and bloom the third year. Seeds are viable for at least three years. They may be kept in the refrigerator and sown in July in open ground in a spot where there will be no need to disturb them for three years. You can sow seeds in flats of one-half leaf mold and one-half soil. Cover seeds with one-half inch of sand and keep moist. Some seedlings come up each year from established clumps but these will not live unless they are potted for regular watering. For pot-

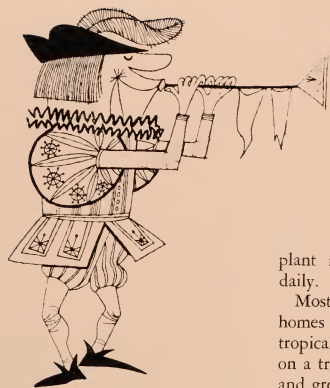
ting, use a six-inch pot and grow in a cool place in summer to simulate dormant conditions. Protect with a deep mulch or leaf mold.

Now for the legend of the Christmas Rose which has come to be so much a part of the Hellebore story that they are alphabetized that way even in some botany books. There are two very different stories. The best known is very similar to the legend of the poinsettia, except that in this version, the story is about Madelon, daughter of a shepherd. When the shepherds took their gifts of eggs, honey, fruit and a wool blanket and followed the light to the stable, Madelon and her little dog followed them. She had tears in her eyes for she had no gift for the blessed babe. An angel appeared and asked her why the tears and she explained, "Would that I had but one flower!" The angel replied "Why grievest thou? The gift of thine heart is best." Then the angel struck her staff on the ground, and fair white roses sprang up. Madelon gathered them as the angel smiled on her, and she took them and placed them in the hands of the Child. His eyes opened and over his face spread a smile.

Selma Lagerlof tells the other, a medieval legend that is probably much older. It is a tale of Göing Forest, where a robber band lived in exile. It was rumored that a cave in the forest was transported into a beautiful blossoming garden to commemorate the hour of our Lord's birth. Bishop Absolom asked directions from a robber's wife who had strayed into his herb garden for a blossom; she asked in return, a full pardon for her husband and the whole band so they could leave the forest and put their children in school. Absolom and a monk went into the forest at the proper time, and they saw the frozen ground change to springtime with blooming flowers of all colors. While the monk waited for the most beautiful one for Absolom, the ground became frozen again and the flowers disappeared. There were only two bulbs with white roots, so he took them and planted them in the garden of the Abbey, where they bloom each year at the hour of our Lord's birth.

In the cold Scandinavian clime, this is more of a miracle than it would be in California. Perhaps we gardeners ought to give some thought each Christmas to our climate which brings and grows plants from far places for us to know and enjoy their beauty.

Vera Morgan, former editor of this magazine and a retired librarian, is a plant grower. She again shares her knowledge of horticulture and plant lore with us.



Greetings with Arrangements

Dorothy Marx

A HALF CENTURY AGO my grandmother filled her cut glass rose bowl with multi-colored Christmas balls and, with this bit of sparkle, said "Merry Christmas" to all who entered her Victorian parlor.

Today we can still greet guests with a lovely glass bowl filled with Christmas balls, perhaps in colors to enhance our color scheme. A sprig of berried holly, in an orchid tube which holds water, can be inserted between the balls to add the magic of fresh plant material.

Candles, such tempting items in shops everywhere (and the best ones are the *fat* ones) can be made even more attractive with addition of small evergreen sprays. Make a small bouquet of your greens and place to one side of the candle. Often, it will be prettier than arranging in a ring around the candle. Use holly, juniper, pine, even camellia foliage, as these will stay fresh-looking a few days out of water. A few sprays of Jade Plant can be handsome beside a candle and will last several weeks without water.

Unfortunately, nearly all flowers and the berries on holly and pyracantha will dry up quickly out of water. There are curved cup pinholders, made of lead, which will fit around a candle or a figurine and hold enough water to keep

plant material fresh if water is added daily.

Most of us have bowls of fruit in our homes at holiday time. How about a tropical Christmas arrangement arranged on a tray or breadboard in traditional red and green? Pomegranates can provide the red, but try to beg some from a friend who grows them so you can have assorted sizes with stems attached. For green, use large, rose-shaped artichokes or shiny peppers or even the little-known chayotes which, if given six or eight weeks without water will produce delightful tendrils of green vines certain to improve any arrangement. Be sure to make your design predominately red or green and group each kind of fruit instead of mixing them for a "busy" look. For a final touch insert pink hibiscus between the fruits. These last only one day but they need no water and won't wilt if picked without a woody stem.

Hibiscus are lovely enough to use all alone or, perhaps in combination with the pale green chayotes in a low bowl. Picking new flowers daily is small trouble for so much beauty.

If red and green is still your holiday choice, combine red glads with juniper. Use the glad foliage for height and try to make a neat, L-shaped design instead of the large fan of glad spikes one so often sees. Add some holly for textural contrast as, even without berries, it is handsome.

Poinsettias, the epitome of Christmas, can be cut and plunged immediately into a pot of near-boiling water to seal in the plant juices. If this operation is successful, the flowers will last up to a full week in the house.

Any arrangement of evergreens can have cones of assorted kinds and sizes or even Christmas balls in lieu of flowers. The cones need to be wired to any available stems in varying heights and placed in the center of the arrangement. Each Christmas ball will need to have the metal part removed so that a stem can

be inserted. A small amount of floral clay will keep the ball from wobbling on its "stem." A triangular design of blue-green Atlas cedar with turquoise and green Christmas balls in a dark container will be well worth the trouble of putting it together.

Each December we bring out our fragile white and gold Venetian glass angels. We place them on a glass base with suitably delicate baby's breath or Queen Anne's lace which is inserted in a small cup pinholder hidden behind one angel.

Religious figures, such as madonnas, should always be featured in a design. Use a minimum of plant material which is in scale with the figure and let the curves of the sculpture dictate the outline of the arrangement. A white madonna can be beautiful with a few small flowers at her feet. Try cyclamen with their own lovely foliage. Wood roses, small cones or even bunches of nuts will harmonize better with a madonna of natural wood.

Perhaps the most meaningful of all Christmas arrangements is the creche. The figures of the holy family with a few small evergreen branches to suggest the shelter of the manger can make an appropriate mantel feature.

If you feel you can't arrange, at least buy one or two pots of Christmas flowers to make your home look festive. Poinsettia plants, if given light and water, will last a long time, and, in this frost-free area can later be planted outside in full sun to provide flowers for many a holiday season. If you are a good grower, treat yourself, as we did, to a hanging Lipstick plant with the unpronounceable name of *Aeschynanthus pulcher*. In full bloom, our plant is gay with graceful red flowers and it gives our otherwise all green, fern-filled patio a gala, holiday look.

This Christmas, let yourself go — even if you only tie a crisp red bow to your favorite candlestick.

Dorothy Marx is an accomplished plant grower as well as a National Council of State Garden Clubs Judge with a Masters Certificate. She teaches and lectures and writes on flower arranging. Again she shares her knowledge with us.



Holiday House Plants

Alice M. Clark

IN COLDER CLIMATES where plants must be grown in the house, gardeners get more pleasure from their pets because it is such a challenge to bring them along and such a triumph when they do well. Here we take outdoor plant beauty for granted and lose that fine sense of intimacy that comes with raising them indoors. Now that California architecture features floor-to-ceiling windows we should use plants more inside not just for their sakes but for something to soften the glare and cast beautiful patterns and shadows on our walls. Transplanted Easterners are quick to take advantage of this and it is time Westerners followed suit. Let's prepare for Christmas with living indoor greenery.

There is a world of plants that flourish inside, just choose your favorites. For high ceilings and plenty of room, the vining types of *Philodendrons* are my favorites. *Philodendron radiatum* (*dubium*) hoists its large deep-cut leaves upward with long strings of gray aerial roots that seek desperately to find a footing in the cracks of my wooden wall panels. One never knows where it will wander next. *P. bastatum* has bright green arrow-shaped leaves that are not quite as ambitious. *P. panduriforme* is another beauty sometimes called Horse-Head which the leaf shape resembles. *P. oxycardium*, a popular smaller form with heart-shaped leaves is usually sold as *P. cordatum* or *P. scandens*. All of this family will take less light if they must, pests rarely bother them and they will stand crowded roots.

Another plant that will grow tall in a good light is harder to find and expensive

but very rewarding. It is a variety of Palm known as *Chamaedorea erumpens*, a liling name for a lacy lovely with slender trunks, handsome from a low beginning to a six-foot zenith. This particular palm sends up new stalks from below so it does not look leggy. It even has a twigggy excuse for flowers, probably very different from those in its Mexican habitat. Many other Palms do well inside, especially *Rhapis humilis*, a dwarf variety with dark leaves that are divided into 7 to 10 segments which distinguishes it from the taller *R. excelsa* with only 5 to 7 divisions. These are both worthwhile investments.

False Aralia, grown inside, always attracts attention because of its unusual foliage. Brace yourself for its real name, *Dizygotheca elegantissima*. That last part really describes the slender leaves. Like

Rhapis humilis, Ornamental Palm, is a slow growing house or patio plant. May be grown outdoors in partial shade.



PHOTO BY BETTY MACKINTOSH



The aralia, *Dizygotheca elegantissima*, a dark mauve plant with feathery foliage.

a parasol with nine ribs the very dark green leaflets, almost purplish on the back, with deep-cut saw-tooth edges, radiate from the center. The effect of these interlacing feathery leaves on long thin stems is dizzying. Let that help you remember the first syllable of its name. This plant will thrive a long time inside and then may be planted outdoors where its juvenile foliage will expand into a much wider but still very graceful form.

There are many types of Rubber Plants whose thick shining leaves are most decorative. *Ficus elastica* is a strong grower with a rosy tint on its new leaf sheath. Most people know *F. lyrata*, the Fiddle-Leaf Fig whose big wavy leaves have waists. It thrives in a strong light. The same is true of *Dieffenbachia picta*, the Dumb Cane, that comes in so many variegated leaf patterns that make them gay additions to a room. Never let the milky juice get in the eyes.

Alice M. Clark, Editor Emeritus of this magazine, is well known for her lovely plants in pots and out. Again she graciously shares her knowledge with us.

Fatsia japonica is desirable inside or out. The large deeply-cut foliage is so graceful it seems to give a lift wherever it is placed. *Fatsheera* Lizei is the result of a rare happening in the plant world. It represents the crossing of two species *Fatsia* and *Hedera*, hence its name. Its thicker leaves are not so deeply cut but it is splendid to grow in difficult spots and still be attractive. The Ivy family offers many choices for indoors. Whether a fine-leaf type is grown around a scrag or a bigger-leaf stem is twined around a circle its a joy to watch the twisting green growth. There are variegated leaves if you like them. Often called the Grape Ivy is *Cissus rhombifolia*, a pleasing evergreen with a grape-leaf shape that flows happily anywhere. I saw it as a summer highlight in the fireplace of a good grower from Connecticut. It looked so content in such a dark place that I insulted her by asking if it were artificial. *Cissus antarctica* known as Kangaroo Vine is another graceful doer. The strong sweeping lines of *Aspidistra elatior*, the Parlor Palm or Cast-Iron Plant will delight a flower arranger and make a fine dark-green color note in the room. The variegated form is a happy thought too, even in a dark corner.

Ferns of all kinds await selection. Both the tried and true Boston or Sword Ferns from the *Nephrolepis* family or the *Adiantum* Maidenhairs are wonderful green indoor accents. Its hard to choose among them.

Where the light is good enough to encourage flowers, *Saintpaulias*, the African Violets are a must. One plant may start a hobby. The fascinating study of Cacti and Succulents can also begin on the brightest side of the house, and you are off to the races again. Combine some of these stunning plants forms in a dish garden. It is as much fun as choosing candy from a counter and it will only fatten the plants.

Use common sense with house plants. Provide good drainage, porous soil and water only from the top so the salts will flow out the bottom. When the top of the soil no longer feels moist water again. Fish fertilizers, half strength, are good. No plant will be happy in a hot dry room nor in direct sun through the glass. Buy young plants, half the fun is in watching them grow and most of them do grow fast.

Give green and growing things this Christmas. Live Plants are more expressive gifts.

Wreaths and Swags

SINCE EARLIEST TIMES in East and West a circular shape has meant everlasting, without beginning or end.

Wreaths have been around for a long time and branches of fir and spruce entwined into circular shapes appear to be the earliest form used as Christmas decorations. Della Robbia wreaths, greens heavily ornamented with fruits and cones, are named for Della Robbia, a 15th century artist, who designed wreaths with leaves, flowers and fruit that were made in terra cotta and used as ornaments for a founding home.

To make a simple wreath, strip a four foot piece of a flexible plant and form a circle by twisting the thinner end in and out. A stronger frame can be made of two coat hangers shaped into circles (use hanger to hang wreath) bound with floral tape. Four inch pieces of pine, fir, spruce, holly, etc. should be fastened to the base with thin florist wire or a heavy waxed string—winding from the middle out. If holly or magnolia leaves are used they should be painted on the undersides with white shellac to keep them from shriveling.

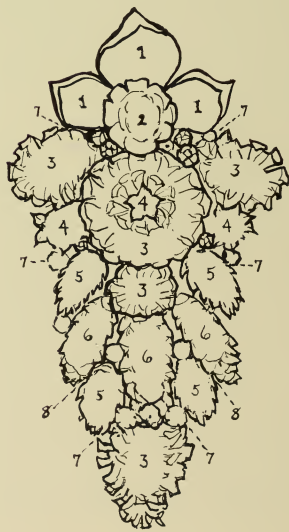
When the wreath is finished a bow can be attached or small fruits, nuts or pine cones can be wired on. These fruits and nuts should be shellacked to make them shine. As berries sometimes become unattractive quickly, it is better to use artificial ones on a wreath in our warmer climate.

If the wreath base is made of styrofoam the material can be fastened with florist pins. If succulents are used for the wreath, the stems can be pushed into the foam. (Try some of the green foam—available in wreath shapes, too.)

A California version of the Della Robbia wreath can be made with dried cones, seeds and pods of native plants. These are attached to a wooden base with plastic glue. The warm browns are attractive and a coat of varnish will keep the wreath attractive for years. Many spray them with gold and silver, too. One can vary the shape of the base and an attractive door swag (as shown in the photo and described in the sketch done for the 1960 *California Garden*) is just one of many things which one can do. Hazel Shover was the swag designer. BJ



1. Seed pod of *Jacaranda acutifolia*
2. Cone of *Cedrus deodar*
3. Cone of Monterey Pine (*P. radiata*)
4. Seeds of *Eucalyptus cornuta*
5. Cone-like seed case of *Magnolia grandiflora*
6. Cone of Sugar Pine (*P. lambertiana*)
7. Cone of the Redwood (*Sequoia sempervirens*)
8. Cone of Monterey Cypress (*C. macrocarpa*)



SWEET POTATOES

Rosalie Garcia



PHOTO BY BETTY COOPER

THE AVERAGE ADULT CALIFORNIAN spent his childhood Christmases somewhere other than in California. His memories glow with customs and foods that do not quite fit into this subtropical land. The imported spruce and cedar trees help create that magical occasion. The search for the foods he associates with the season are often found in our great abundance. He buys and pretends. But if he can, he goes "back home" for Christmas, for only there does it seem real.

If one grew up in the South, as I did, there was a pattern of customs peculiar to that region. From the golden land of California the imports were oranges which we hung on great Community Christmas trees (which were of cedar or holly) and raisins and English walnuts which went into stockings. Bananas from the tropics had an aura of mystery and exuded a fragrance from the locked closet where all the "Santy" goodies were hidden.

Of the local foods the common sweet "tater" was a staple and yielded more different dishes than any other. One had it every day in some form or other. Sweet potatoes were harvested in the fall, kept well in a cool, dry place and grew so easily that the poorest could have his "tater" patch. Many varieties were grown: the big coarse textured red and white fleshed were best for boiling and mashing; the delicate orange fleshed yams for baking. There is now a red yam that we did not have. The yam's high sugar content yields a brown, sticky juice that seeps out of the skin spreading an aroma

that is most tantalizing. Often while riding horseback along country roads the fragrance of sorghum cooking and yams baking led me to a farm house for a chat and the offer of a hot "tater," dripping with butter, wrapped in a corn husk. With it a glass of cold buttermilk drawn up in a bucket from a well completed the refreshment.

When I lived in New Orleans one winter, I was often awakened by the vendor's cry of "Sweet potato, sweet potato." He would be pushing a cart heated with charcoal and piled high with hot baked yams. Also on the street corners old women had their zinc tubs stacked with yams which they kept hot with a little pile of charcoal. I could never resist and took a nice sticky yam up for breakfast or lunch.

For Christmas the "tater" recipes were moved to the front of the box. Fluffs, puffs, casseroles, candied dishes and pies, all highly caloric and sweet enough for desserts would be made. But only the pies were served as desserts. The others came with the meats. The potato pie had many variations, but started with a cup of mashed sweet potato, some sugar unless made of yams, three eggs and a cup of milk or cream. In those days they were not afraid of a cup of cream, and could afford to buy it. This was mixed and poured into a pie shell and baked slowly in a 300 degree oven until the mixture was set. It could have raisins, pecans, spices and black walnut meats and was nearly always topped with whipped cream and served warm, as all sweet potato dishes are at their best.

Another favorite was a kind of soufflé made with the mashed sweet potatoes, eggs, cream and sugar and topped with

marshmallows and baked in a slow oven in a shallow baking dish. Served in squares with meat, especially ham, it was fluffy, sweet and delicious.

The candied ones were made many ways. All started with boiled and skinned sweet potatoes, yams are best, cut in about two-inch chunks. Some put them in a baking dish, poured brown sugar and butter over them and baked them slowly. An aunt of mine used to make hers in a big iron skillet in which she put a big scoop of butter and a cup of brown sugar melted slowly. The chunks were turned frequently until they absorbed all the butter and sugar. This is tricky, as it is a slow process, for sugar and butter will burn unless the heat is low and steady.

One of the puffs I just loved. The sweet potatoes were mashed and beaten with eggs and butter, seasoned with a dash of nutmeg and dropped by spoonfuls into deep hot fat (hog fat in those days). In about two minutes they were brown balls with a delicious crust and airy insides that were just heavenly. A plate of them with crisp, hot sausages and hot biscuits made a fine breakfast.

Left over mashed sweet potatoes were often sliced and sautéed in butter making them crusty and a fine accompaniment for fried chicken.

Fruit cakes often had a base of mashed sweet potatoes and turned out moist and light with nuts, raisins and dried persimmons that grew wild and had been frost cured at Christmas time. Children took baked sweet potatoes in their lunches, and warmed them on the old iron stoves that heated the school house. A wedge of sweet potato pie was just as much a part of the lunch.

Rosalie Garcia has been growing vegetables "all her life." She enjoys growing and eating new vegetables. She is a graduate of UCLA and a former teacher.

Sweet potatoes are not exclusive to the South, but they grew well there and were appreciated by the population. Columbus found them growing in the West Indies, and botanists classified them as member of the morning glory family. They now grow all over the world in any long frost free climate, and are especially staple in the tropics. The Japanese and Chinese find them fine foods, and have developed many industrial uses.

We have vast commercial plantings of sweet potatoes in the United States, around 140,000 acres, mostly in the Southern States and California. Big coarse ones are grown for animal food which is dehydrated. The water left over, about 64%, has been discovered to be fine medium for growing yeasts. The starch, usually sold as arrow root, is more digestible than corn starch and is used as an adulterant in many foods. Pastes made from the starch are used in the textile industry as sizing.

The sweet potato in the tropics is used as we use grains. The *carnotes*, as the Mexicans call their sweet potatoes, are baked and eaten as a breakfast food with milk, if they have it. I have seen them take a hot sweet potato from the oven, strip off the skin, and pour a half can of evaporated milk over it and eat it *con mucho gusto* for breakfast.

They grow from sets that are pinched off the tubers and planted in rich beds early in the year. In our climate they should be put out in April and May when the sets are about three inches high. They like hot summers, moderate watering, and a rich loamy soil. Unless one has considerable space and fine sandy loam soil, it is not worthwhile to grow sweet potatoes in the small home garden. Since they are best well dried and the commercial growers have access to such drying facilities, we can easily get them in our markets. They are not a cheap food with us, and they are full of sugar and starch, but do have some for Christmas!

SEASON'S GREETINGS RECIPE

A pinch of spice
A cup of joy
A pint of cheer
Your favorite toy
Happiness in two pound jars
A dash of wealth and a handful of stars
Blend well with best wishes for a
Merry Holiday.

MANY PEOPLE HAVE ASKED, "What can I do to make a corsage last longer?" Of course, some flowers just naturally last longer, but here are some hints which may help you to prolong the life of a corsage:

If you would like to wear the corsage for another occasion in a day or so, keep it in a cool location; for example, in a cool bedroom or back porch—a room which is not normally heated. The household refrigerator is *far* too cold and dry and will actually hasten the deterioration of your flower. The coolers you see in the florist shops are at least 10 degrees warmer than our home boxes and in addition maintain humidity of about 50% and a constant air circulation.

If you don't intend to wear the flower again as a corsage, you can further prolong the life of the flower by removing the wrapping from the stem and making a fresh cut before placing it in fresh water. Whichever method you choose to prolong the beauty of your flower, enjoy it while it lasts!

Holiday Corsages

Duane Bud Close



'TATER RECIPES'

Grace Brophy



WHEN YOU EAT SWEET POTATOES (*Ipomoea batatas*) you're eating the enlarged roots of a vine from the morning glory family. Often it is confused with the yam (*Dioscorea sativa*), which it resembles. For the cook, the two are interchangeable in recipes.

American Indians cultivated sweet potatoes long before the coming of the white man. From here, they travelled to the South Seas, China, Japan, and Indonesia where they became an important staple.

Here are a few recipes from around the world showing the versatility of this vegetable.

YAM MARMALADE BREAD

1/4 cup margarine	2 cups flour
1/4 cup brown sugar, firmly packed	4 tsp. baking powder
2 eggs, well beaten	1/2 tsp. salt
1 1/4 cups mashed cooked yams	1 cup chopped nuts
2 tbsp. milk	1/4 cup orange marmalade
1 tsp. lemon juice	3 unpeeled orange slices

Cream shortening; add sugar and beat until light and fluffy. Add eggs, yams, milk, and lemon juice; beat well. Sift flour, baking powder and salt together; add sifted ingredients and nuts to yam mixture and mix only until ingredients are combined. Spread orange marmalade evenly over bottom of well greased 9x5x3" pan. Arrange orange slices, overlapping in marmalade. Turn yam batter into pan and bake in 350° oven 1 hour, 30 minutes. Remove from pan, invert on cake rack and cool before slicing. Yield: 1 loaf.

HUNGARIAN VEAL & SWEET POTATOES

- 2 lbs. veal cutlet, 1/2" thick
- 2 tbsp. flour
- 3/4 tsp. salt
- 3 tbsp. shortening
- 3/4 cup finely chopped onion
- 1/4 cup chopped parsley

- 1 tsp. prepared mustard
- 1 chicken bouillon cube
- 1 1/2 cups boiling water
- 6 medium sweet potatoes, peeled & quartered
- 1 cup sour cream

Top veal with waxed paper. Pound with wooden mallet until 1/4" thick. Cut in 6 pieces. Combine flour and salt; dredge veal in flour mixture. Sauté onions in shortening until almost tender; add veal and brown gently on both sides. Combine parsley, paprika, and mustard and add to chicken bouillon. Cover and simmer 25 minutes. Add sweet potatoes and continue to simmer, covered, about 20 minutes until both veal and potatoes are tender. Remove both from skillet to serving plate. Add sour cream to liquid in skillet and heat (do not boil). Pour sauce over veal and potatoes. Yield: 6 servings.

YAM TURKISH PASTE

- 3 cups blanched almonds
- 1 cup seedless raisins
- 1 1/4 cups mashed cooked yams
- 1/4 cup honey
- 2 tbsp. lemon juice
- 3 tbsp. grated orange rind
- Confectioners' sugar

Grind nuts and raisins. Add yams, lemon juice, and orange rind; mix well. Shape into balls and roll in confectioners' sugar. Yield: About 5 dozen 1 1/2" balls.

SWEET POTATO FLUFF (Rosalie Garcia)

- 6 medium sized boiled or baked sweet potatoes (better than yams for creaming)
- 1/2 cup butter or margarine
- 1/2 cup brown sugar
- 1/2 cup heavy cream
- Marshmallows

Cream potatoes, butter, brown sugar and cream. Pour into a casserole or shallow baking dish, top with marshmallows and bake in 300° oven 50 minutes. Yield: 6-8 servings. Variations: One can add a cup of crushed pineapple, a cup of nuts (pecans), a handful of raisins, or a cup of chopped nuts. A couple of eggs won't hurt it, either.

SWEET POTATO CINNAMON WAFFLES

- 2 cups flour
- 3 tsp. baking powder
- 1 tsp. salt
- 1/4 tsp. cinnamon
- 3 eggs, separated
- 1 1/2 cups milk
- 3/4 cup mashed cooked sweet potatoes
- 1/4 cup melted shortening
- 1/3 cup chopped walnuts
- Maple syrup

Sift flour, baking powder, salt, and cinnamon together. Beat egg yolks well; add milk and yams and beat until blended. Add to dry ingredients and mix well. Add melted shortening. Beat egg whites until stiff and fold into mixture. Pour batter on preheated waffle iron and sprinkle with nuts. Bake 5-7 minutes. Serve hot with warmed maple syrup.

SWEET POTATO SOUFFLE

- 2 cups mashed sweet potatoes
- 1/2 cup hot milk
- 1/4 cup rum
- 4 tbsp. butter
- 1 tsp. grated orange rind
- 1/2 tsp. salt
- Dash cayenne and nutmeg
- 4 eggs, separated

Combine first 4 ingredients and beat until smooth, adding, while beating, orange rind, salt, cayenne, nutmeg, and egg yolks (well beaten). Fold in egg whites, beaten stiff, and turn mixture into buttered souffle dish. Bake at 400° 25-30 minutes until well puffed and slightly brown on top. Serve at once. Yield: 6 servings.

SWEET POTATO TEMPURA (Japan)

- Sweet potatoes
- Tempura Batter consisting of
- 1/2 egg, enough water to make
- 1/2 cup, 1 cup flour, and a pinch of baking powder

Peel and cut sweet potatoes into 1/3" slices. Dip in batter and deep fry in oil (1/2 salad oil and 1/2 sesame oil is best) at 340-360° until slightly puffy and brown. Drain on absorbent paper. Youngsters munch this as a sweet.

CAMOTES DE SANTA CLARA (Elena Hardison)

(Sweet Potato Candy)—Mexico

- 4 lb. sweet potatoes, cooked & pureed
- 4 1/2 cups sugar
- 2 cups water
- 2 1/4 cups sugar for coating camotes
- 5 sheets waxed paper

Combine sugar and water. When it becomes syrupy and thick, add sweet potato puree. Continue stirring until it becomes a thick paste; cool. Mold on waxed paper into desired shape. Let stand 24 hours in sunlight until it becomes chewy. Glaze.

Glaze: Combine sugar with 1 quart water. Cook until syrupy and a thread-like consistency is formed. Glaze camotes. If desired, decorate with candied pearls or other cake decoration. Let stand in sunlight until dried.

CALIFORNIA SWEET POTATO BAKE (Phyllis Bell)

- 4 medium sweet potatoes
- 1/2 cup brown sugar
- 1 tbsp. cornstarch
- 1/4 tsp. salt
- 1 cup orange juice
- 1/4 cup seedless raisins
- 1/4 cup butter
- 3 tbsp. sherry
- 2 tbsp. chopped California walnuts
- 1/2 tsp. shredded orange peel

Cook potatoes in boiling salted water until tender; drain; peel, and halve lengthwise. (Or use 1 lb. 2 oz. can (3 cups) canned sweet potatoes or yams). Arrange in shallow baking dish or pan. Sprinkle lightly with salt. Mix brown sugar, cornstarch, and salt. Blend in orange juice; add raisins. Stir while bringing quickly to boiling. Add remaining ingredients; pour over potatoes. Bake uncovered in 350° oven 20 minutes, or until potatoes are well glazed. Yield: 4 servings.

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12. Scrub Oak (*Quercus dumosa*).

This evergreen oak sometimes grows as a tree to 30 feet high, but more often it grows as a shrub. It is an important member of the chaparral of Southern California. The 1/2 to 1 inch acorns are a food for animals.

Coastal Chaparral or "Elfin Forest."

This plant community consists of woody shrubs growing in dense or almost impenetrable thickets on relatively dry hillsides. Some of the remaining numbered stops identify the typical plants. This Chaparral is like a miniature forest in that there is an interdependence between the plants and animals.

13. Estuary Overlook.

The estuary and its adjoining salt marsh is one of the few areas left in Southern California that has not been so seriously altered by man to make it unsuitable for waterfowl. Many types of waterfowl and shore-birds frequent this natural portion of the reserve, and many are dependent upon it as a nesting and feeding area.

14. Yerba Santa (*Eriodictyon crassifolium*).

The Spanish name translated means "The Saint's Herb." It was thought to have healing properties and was used by the Indians.

15. Sagebrush (*Artemisia Californica*).

Unlike the true sage that was encountered earlier on this trail, the sagebrush is a member of the sunflower family.

The Indians and early Spanish Californians regarded California sagebrush as a cure all, and used it in the form of a strong wash to bathe wounds, with excellent results.

16. Mojave Yucca (*Yucca schidigera*).

Yuccas were important plants to the Indians of California. The flowers and fruits were eaten; fibers from the leaves were made into baskets and mats; and the roots produced a soap.

17. Berryue (*Cneoridium dumosum*).

Bushrue and Spicebush are other common names for this shrub. The leaves give off a heavy, spicy odor; the small fruits have the oily glands typical of other members of the Citrus family.

18. Chamise (*Adenostoma fasciculatum*).

This is one of the several plants commonly called "Greasewood." This name is very appropriate for the chamise because it catches fire easily and burns with a hot resinous flame. A GOOD REASON FOR NOT SMOKING ALONG THE TRAILS! The roots of the chamise will often survive a fire and the plant will reestablish itself from root-sprouts.

19. Erosion

This shows a good example of what happens to soil when there is no ground cover to protect it. The never-ending effects of fog, rain, wind and sun have slowly eroded this surface away.

20. Mission "Manzanita" (*Xylococcus bicolor*, formerly *Arctostaphylos bicolor*).

The distribution of this plant is limited to scattered locations from Los Angeles County south into Lower California. It is closely related to the true manzanita or "Little Apple," and has similar fruits.

21. California Buckwheat (*Eriogonum fasciculatum*).

This is a common plant of the coast and interior valleys of much of California. Its white flowers slowly change to a rich mahogany color as they die; they are handsome in their dried state. The Buckwheat is a valued beeplant.



A Plant Walk

with Kent Hartwell, Reserve Supervisor
Torrey Pines State Reserve

The North Grove, Guy Fleming Trail

California Garden suggests that Christmas Day or the holiday season is a marvelous time for a walk through famous Torrey Pines State Reserve, where these rare trees form a remarkable natural monument to Nature.

The Guy Fleming Trail is named for the naturalist and conservationist who was an authority on native trees and shrubs. He was appointed by Ellen Browning Scripps to be Custodian of the Reserve, a position he held until his death in 1960.

The Reserve had its beginnings in 1899 when the city set aside 369 acres of former pueblo lots. This, however, did not include all the trees, particularly those above the sea and over the cliffs. This land was purchased by Miss Scripps in 1911 and 1912. She became patroness of the movement to set aside the entire area as the Torrey Pines Reserve. In 1950 Mr. Fleming founded the Torrey Pines Association, an organization dedicated to the preservation of Torrey Pines State Reserve.

In 1959 Torrey Pines became a State Park. In 1965 a State Park and Beaches Bond Act appropriated \$900,000 if matching funds could be raised by June, 1970, to purchase a grove of some 1500 untended trees (170 acres) just north of the Reserve. The campaign was known as the Torrey Pines Extension Campaign. Over \$800,000 was raised. The U.S. Bureau of Outdoor Recreation has provided a federal grant of over \$400,000 to help offset increased land values caused by inflation.

(This page can be folded and removed for convenience.)

GUIDE INSTRUCTIONS

The trail starts to right of the display shelter (if facing shelter). It is a pleasant walk of .6 mile through an environment typical of the Reserve, making a loop that takes you to the bluffs overlooking the sea and returning you on the trail to your left. The overlooks provide a spectacular panorama of the Pacific Ocean, with La Jolla visible to the south, and Oceanside and other coastal cities to the north. On clear days San Clemente Island can be seen on the horizon to the west and Catalina Island to the northwest.

By comparing the numbers on the trailside posts with the numbers in this trail guide, you may learn the names of the major plants and interesting facts about other features of this area.

1. Black Sage (*Salvia mellifera*)

is one of the most common plants of this trail. Gently rubbing the leaves will produce the familiar pungent sage odor. Lavender flowers are produced in the spring.

2. Toyon (*Heteromeles arbutifolia*).

The thick, leathery leaves with their shiny green color and toothed edges give this plant one of its common names, "California Holly." The bright red berry clusters, occurring from October to February, give it another name, "Christmas Berry."

B



3. Wartstern Ceanothus (*Ceanothus verrucosus*).

This is one of over forty species of California-Lilac in this state. In the spring it gives a great deal of color to our brushy hillsides. Flower color ranges from whites and pinks to blues and purples. The wartstern ceanothus has white flowers during the early spring.

4. Seafig (*Mesembryanthemum chilense*).

This ground-hugging succulent is common along the trail, with its bright purple flowers blooming from March to October.

5. Lemonadeberry (*Rhus integrifolia*).

Although this plant is commonly seen as a woody shrub, it can grow into a tree form in protected sites. (Its slimy fruit in late spring has a strong citrus flavor.) Two other closely related sumacs, the Laurel Sumac (*R. laurina*) and Sugar Bush (*R. ovata*) also occur in the reserve.

6. Torrey Pine (*Pinus torreyana*).

These trees were discovered in 1850 by Dr. C. C. Parry and named by him for his friend, Dr. John Torrey. In areas exposed to strong sea winds, the trees are low and sprawling from 25 to 35 feet in height and 8-14 inches in diameter. Away from the sea it has a straight trunk and a height of 50-60 feet. The long, gray-green needles in a cluster of five are characteristic.

7. The sandy wash

seen below the trail is the common route of travel for some of the animals of the reserve. Gray fox, opossums, skunks and rabbits are active mainly at night. By morning, tracks in the sand are the main indication of their nocturnal ramblings. We humans are restricted to the formal trails because our cross-canyon walks would be destructive to the fragile topsoil layers.

8. Cactus.

Members of the cactus family are most often associated with the desert. However, several species are native to this coastal area. The prominent one in this area, with the pad-like joints is the Coast Prickly Pear (*Opuntia littoralis*). Also watch for the Coast Cholla (*Opuntia prolifer*), sometimes woefully referred to as "jumping cactus," and the squat, heavy-spined Coast Barrel Cactus (*Ferocactus viridescens*).

South Beach Overlook.

The eroded cliff across the ravine exposes two different layers of sandstone. The lower Del Mar formation is approximately 30 million years old, while the upper white Torrey Sandstone is about 20 million years old. A walk along the beach below to view the cliffs is also a rewarding experience.

9. Drought and Bark Beetle Damaged Trees.

The constant struggle against the elements of nature is over for these trees, but wet years may produce replacements. Drought weakened trees produce less sap and become susceptible to disease and insect infestations.

10. "The Tree that Lay Down."

If this tree had grown in a sheltered location it might have been 40 feet tall instead of 40 feet long. Where the roots have been exposed a protective covering of bark has been formed. During the spring months this area along the bluffs is covered with a lavish display of colorful wildflowers.

11. Wind Effect.

To your left the Torrey Pines growing in an exposed location have been bent and twisted by the effect of the prevailing winds. Ahead you can see from the trail other Torrey Pines, growing in a protected area, which are much straighter and taller.

C

CANDIED PEEL

- | | |
|--------------------------------------|--------------------------|
| 2 grapefruit (3 oranges or 4 lemons) | 1/2 cup water |
| 1 tsp. salt | 2 tbsp. light corn syrup |
| 1 cup sugar | |

Wash fruit, remove peel in quarters, remove excess membrane. Place in pan, cover with water, add salt, boil 20 minutes, drain. Cover with cool water, boil 30 minutes (peel tender), drain. Cut into strips. Combine rest of ingredients, bring to boil. Add peel, cook until syrup nearly gone, cool peel in syrup. Drain. Place small amount of sugar in sack, shake piece of peel, spread on rack to dry.

CACTUS CANDY a la PUBLIC LIBRARY DWARF BARREL CACTUS

3 cups sugar	2 tbsp. orange juice
1/2 cup water	1 tbsp. lemon juice (or lime)

Slice skin and spines off cactus. Cut into 1" wide slices. Soak overnight in cold water. Drain. Cut into 1 inch cubes. Make syrup, add the cactus and cook until the syrup is nearly all absorbed. Dip in sugar and dry on wax paper.

CANDIED CALIFORNIA PEACHES

2 cups fresh sliced peaches	2 1/2 cups sugar
-----------------------------	------------------

Soak peaches in cold salted water for four hours. Drain. Place in pan with sugar. Simmer until peaches are jelly like.

PICKELED KELP

Use the long kelp (15 feet +) which has a thick tail on a bulb (*Neroocystis luetkeana*). Collect fresh kelp, break to see if fresh and crisp, discard tail under 3 inches in diameter and bulb. Wash, peel and slice into rings. Soak in cold water for 4 days changing water several times per day. Drain. Place in pan and cover with water, boil about 15 minutes.

3/4 cup white vinegar	1 tbsp. mixed pickling spice
2 1/2 cups sugar	1 tsp. whole cloves

Bring to boil and simmer 10 minutes. Strain and pour over 1 qt. of kelp rings. Let stand overnight. Drain rings and reheat syrup. Repeat for 5 days to 1 week. Store in jars for 1 more week to age before using.

HAZLE'S TEXAS PICKLE

1/2 gallon whole dill pickles	2 or more cups sugar
1/2 bottle tabasco sauce	

Drain pickles, slice in thin slices and return to jar. Cover with sugar and add tabasco. Turn jar over every day for one week. A syrup will form and the pickles will become crisp.

TAMALE PIE

1-2 pounds hamburger	1 can tomato sauce
1/3 chopped green pepper	1/2 can water
1/2 tsp. salt	1/2-1 tbsp. chile powder
1 can chopped black olives	1/2 tsp. garlic powder

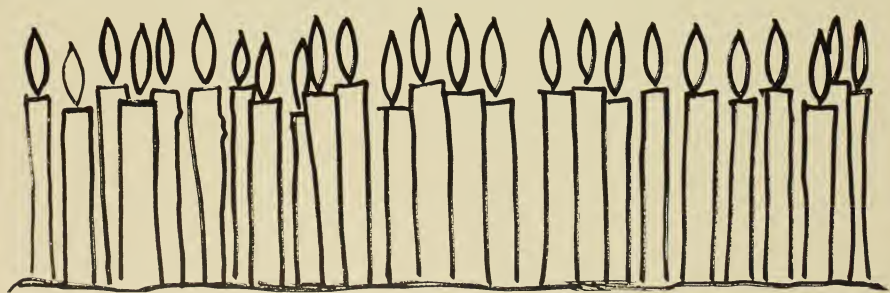
Brown hamburger with pepper and add remaining ingredients. Mix 1 cup water and 1 cup cornmeal. Add to 2 cups boiling salted water. Cook 10 minutes, cool a bit and line greased baking dish. Add filling and cover top with cheese. Bake 350 degrees for 1/2 hour (longer if frozen).

CALIFORNIA FRUIT CAKE

1 cup flour	4 eggs
2/3 cup seedless raisins	1/4 cup molasses
2 cups dates (1 lb.) diced	2 cups flour
2 cups glazed fruit mix (1 lb.)	1 tsp. baking powder
1 cup nut meats, chopped	2 tsp. cinnamon
1/4 cup peaches or apricots, diced	1 tsp. nutmeg
1/4 cup dried figs, diced	1 tsp. allspice
1 cup oil	1/2 tsp. mace
1 1/3 cups sugar	1 cup fruit juice

Combine fruits, nuts, and 1 cup flour in large bowl. In mixing bowl combine oil, sugar, eggs and molasses. Add dry ingredients alternately with juice, pour over fruits. Spoon into wax paper lined pans (greased). Place a flat pan of water on lower shelf of oven. Place cakes on upper shelf. Bake 275 degrees for 2 1/2-3 hours. Cool. Don't remove paper. Can be left in cans. Pour 2 tbsp. of any juice or spirits over top. Cover. Add 1 tbsp. of another juice or spirit every week. Must age at least 4 weeks.

What's COOKING in California



Language of Flowers

THROUGHOUT HISTORY in all countries plants and flowers have had meanings. The origins of the meanings are lost in antiquity. During the Victorian era flower language reached the height of complication and every plant and every combination had a meaning. Wow! Isn't it relaxing to know that one can give

a plant gift today with only the thought of its beauty and the pleasure it will give?

We don't want to start anything, this is just for fun, but here is a list of some of the more common plants and their meanings. (Found that texts not consistent nor were the meanings in different

countries and cultures.)

ACACIA—friendship
AMARYLLIS—pride
ANEMONE—forsaken
APPLE BLOSSOM—temptation
BAMBOO—filial piety, refinement
BLUE BELL—constancy
BROOM—humility
BUTTER CUP—ingratitude
CALENDULA—jealousy
CARNATION—pride and beauty
CARNATION (red)—alas for my poor heart
CHRYSANTHEMUM (red)—I love
CHRYSANTHEMUM (white)—truth
COLORED LEAVES—faithful to the end
CLOVER (white)—think of me
COLUMBINE—folly
DAISY—innocence and fidelity
DAFFODIL—regard
DANDELION—rustic oracle, gossip
DELPHINIUM—well being
EVERLASTING FLOWER—unceasing remembrance
FERN—enchantment
FORGET-ME-NOT—true love
GERANIUM (scarlet)—comforting
GLADIOLUS—abundance
GOLDEN ROD—precaution
HYACINTH—constancy
HYDRANGEA—a boaster
IRIS—message
IVY—friendship
JONQUIL—I desire return of affection
LAVENDER—acknowledgement or distrust
LILAC—(purple)—first love
LILY—purity and elegance
MARGOLD—jealousy
MISTLETOE—sweets stolen are sweetest
MORNING GLORY—affection
NASTURTIUM—patriotism
PANSY—thoughts
PEONY—good fortune
POND LILY—companionship
PINE—integrity
POPPY—pleasure
RHODENDRON—danger, beware
ROSE—love
ROSEMARY—remembrance
SNAPDRAGON—No!
STOCK—lasting beauty
SUNFLOWER—adoration
SWEET PEA—departure
TULIP (red)—declaration of love
TULIP (yellow)—hopeless love
VIOLET—constancy
ZINNIA—thoughts of absent friends and many, many more.

It is interesting to note that colors have meaning and nations used these colors in their flags to depict the meanings. In most countries, red stands for courage, blue for loyalty and white is symbolic of liberty.

(Continued from Page 21)

APPLE CANDY

2 packages plain gelatin
1/2 cup applesauce
3/4 cup applesauce
Soak gelatin in 1/2 cup applesauce for 10 minutes. Boil remaining applesauce, sugar and gelatin mix and remaining ingredients. Place in a 9" square pan (buttered), let set and roll 1 inch squares in powdered sugar.

ORANGE SUGAR WALNUTS

1 1/2 cups sugar
1/4 cup water
3 tbsps. orange juice
1 1/2 tsp. grated orange peel
Boil sugar, water, juice to soft ball. Add peel and vanilla. Add nuts. Beat until creamy and loses gloss, 5-10 minutes. Spoon out on waxed paper and separate nuts.

COLD CRANBERRY SOUP (Grace Wheeler)

1/4 cup quick cooking tapioca
1/2 cup sugar
pinch salt
Cool to boil, cool, stir once after 20 minutes. Chill. Serve in soup cups topped with sour or whipped cream, garnish with orange peel and mint leaves.

CHUTNEY

1 can sliced peaches, drained
1/2 green pepper, chopped
1/2 onion, chopped
1/4 cup raisins
1/2 cup brown sugar
3/4 cup vinegar
1/4 tsp. salt
Combine and cook for at least one hour until thick.

ALLIGATOR (a sure rise coffee cake)

1 package dry yeast
1/2 cup warm water
1 egg
Dissolve yeast in warm water. Mix in rest of ingredients. Knead on a floured board until smooth, and roll into a rectangle. Spread prepared mincemeat down the center and fold one side over and spread mincemeat on that. Fold remaining side over, seal. Let rise 1 hour in oven with pilot light on, door slightly ajar. Bake 400 degrees, 15 minutes. Glaze with powdered sugar, fruit juice mix.

Flowers

CANDIED ACACIA OR LILAC FLOWERS

1/2 cup water
Dissolve gum arabic in water. Dip flower sprays into solution and shake. Dip into superfine sugar and dry in a warm place for 2-3 days.
OR: Combine 1 tbsps. corn syrup, 1 1/4 cups water, 1 cup sugar and boil to soft ball stage. Dip flowers after gum arabic dip and sprinkle with granulated sugar. Dry on wax paper.

CARNATION BUTTER

Mix heavily scented washed flower petals with butter. Spread on toasted bread squares. Garnish with individual leaves.

ROSE PIE

1 dozen fresh white rose petals, washed
2 cups water
Boil 5 minutes. Dissolve 1 box of plain gelatin in 1 1/2 cups water, add to rose mixture. Cool. Pour into baked pie shell, top with sweetened whipped cream.

Sparkling Arrangements

Virginia M. Innis

CHRISTMAS IS THE SEASON for sparkling ornaments and glittering splendor. It is possible to add sparkle to dry arrangements by crystallizing dried plant material.

Crystals may be varied from tiny specks to ones the size of the material used. Differences in the crystals are achieved by the strength of the solution used and the duration of the processing.

Household crystals such as Epsom Salts or rock alum may be used. A basic solution consists of one pound of alum or salts to one quart of water. The mixture is heated until the crystals are dissolved. After cooling slightly it is poured into a tall container.

The dry material is emersed in the warm solution, head or pod down, to the depth you wish

the material to be treated. The time the material is in the solution will influence the crystal size. When the crystallized material is removed from the solution, each stem should be placed separately to dry; styrofoam makes a good anchor material for the stems.

The solution may be used over and over. Vegetable dyes may be added for color. Chemicals which are salts may be used, i.e., potassium or sulphate. In using chemicals remember that the crystals may fall off and any chemical that would be harmful to children or animals should be used with caution.

Small pods, weeds, grasses and material with texture seem to respond to crystallization better than materials with large smooth surfaces.

Preserve your Arrangements

Loretta Crocker

IF YOU WANT TO ENJOY your flowers and plant material in the home longer and keep them fresher for flower shows, here are a few tips:

General:

1. Fill a teakettle or any three inch mouth container and bring the water to a rolling boil to kill the bacteria in the water.
2. Cut flowers before 8 a.m. or after 3:30 p.m. as the sugar content is higher.
3. Woody stems must be crushed (use a hammer) or split, trim up the stem about 5 inches, and wrap a towel just below the last leaf. Be sure the towel is tight over the mouth of container so the steam will not burn the leaves.
4. Submerge in boiling water. Soft stem flowers should be submerged about a minute.

Special:

1. Carnations, orchids, birds of paradise, camellias, iris, and most bulb flowers (except dahlias), cut under water. No need to use the above.

Every one asks Loretta how to preserve flowers, so she shares her secrets.



Ikebana

SHOGATSU, NEW YEAR, is observed in Japanese homes with specific floral decorations. At each gate a pair of *kado-matsu*, gate-pines, stand. These decorations can be very elaborate or just a simple branch of pine, bamboo and sometimes plum, *sho-chiku-bai*. These are symbols of congratulations and a hope for vigor and long life.

Above the front door a screen of long straws hang from a twisted rope, *shime-naua*; or straws can protrude from a huge twisted knot, *ua-naua*,

on or above the door. A bitter orange *daidai* (generation after generation), seaweed *konbu* (wish for joy and happiness), lobster *iseebi* (long life), fern *urajiro* (purity) and *yuzuriki* leaves (humility) are added. Sometimes tiny replicas are found in each room of the house.* These keep pollution from entering, keep evil spirits out, and indicate that the house is free from last year's dirt and debt.

Flower arrangements of pine, bamboo and plum (*sho-chiku-bai*) are traditional for this season, although in recent years narcissus have been substituted for the plum. The style is usually simple. These arrangements are kept in the home for the first seven days of the new year and no Japanese home would be without one.

* Also found on the front of cars, motorcycles, bicycles, too.



CALIFORNIA CHRISTMAS

Barbara Jones

WESTERNERS THROUGHOUT HISTORY have left family and home to settle this golden land. When the holiday season came they had to make their old customs adapt to their new situation and they did. Delightful customs have become tradition and ours in Southern California are no exception.

Cooking and eating are always part of any celebration. Every Christmas Eve and Morn, small children will be seen scurrying around every Southern California neighborhood carrying small attractively wrapped plates or boxes of "goodies" to neighbors. One neighbor may be famous for her California adaption of a traditional stollen, another may make a wonderful California fruit cake, and still another a special candy or preserve. Newcomers are often surprised by this custom, but soon join in the tasting fun. See "What's Cooking in California" for recipes *The Garden* has collected.

Since my earliest childhood, the tumbleweed "snow-men" have been prominent decorations on lawns in family neighborhoods. A trip to the back country to gather proper sizes of tumbleweeds along the roadside was part of the early festivities. (A bit of mistletoe was gathered, too.) Tumbleweeds were wired together; a nose, mouth and eyes added; "it" was painted white; and "it" was finished with a discarded hat. The wise ones staked theirs down, for a good wind could send the creation on its way.

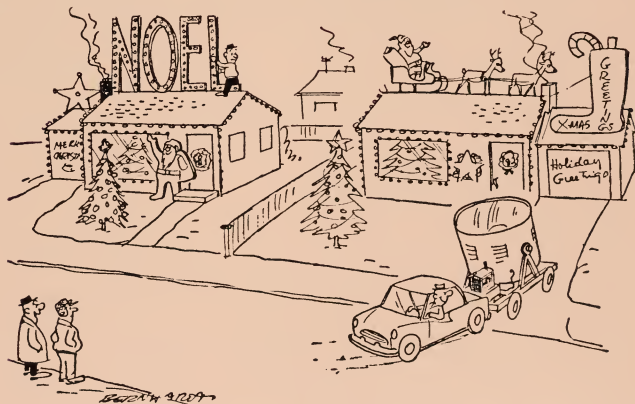
Mexican influence is very strong in this area and can be seen in many of our

Traveling constantly, since birth but spending at least 6 months per year in Southern California has given Barbara Jones the chance to see how customs differ from other parts of the U.S. and other countries.

customs. Most of the older California families have a Mexican menu for Christmas Eve, with tamale pie a favorite dish. One of the most colorful events is the Posada. In Mexico they represent the early custom practiced by the first friars who allowed the Indians to preserve some of their fiestas and dances by changing them into devotion to a special saint instead of to an Indian god. The Aztecs observed the advent of the god Huitzilopochtli with many celebrations in this season. Many parties were held and the guests were given small figures of the gods made out of dough, called "tzotli." Fra Diego de Soria, the prior of the San Agustin Acolman, obtained permission from Pope Sixtus V, in 1578, to celebrate masses to be known as "aguinaldo masses" in New Spain between December 16-24. (Aguinaldo means Christmas gift.) From this grew the Posada, the re-enactment of Joseph and Mary looking

for an inn. (Posada means inn or lodging house.) For nine nights the peregrinos (pilgrims) made of clay and paper are carried at the head of a procession. The invited guests carry candles and march in double file chanting the litany. They halt in front of homes along the way and voices representing the peregrinos sing a request for shelter. The people refuse in song, but finally one door will open and all go inside for a party. Piñatas, great hollow paper decorated figures, hung from the rafters and filled with sweets and fruits are broken and holiday foods are eaten.

One will find Posadas in many California cities sometime from the 16th to the 24th of December. In Old Town San Diego the ceremony begins from the Old Town Plaza at 7:00 P.M., usually on a Wednesday in the week before Christmas. (Watch paper for date.) Anyone is welcome, but fire marshals insist that



"First Bill added a string of lights, then Doug, then Bill, then Doug . . ."

all candles be covered. For over fifteen years the members of an Adult Education class taught by Mary Lucas on early California history which meets in Old Town have organized the event. They learn the traditional songs and prepare the peregri- nos and wear Mexican costumes. It is reported that in recent years, many of the visitors start singing the European and American carols as they walk through the streets. So again, our potpourri Christmas. The Posada ends back at the Plaza where carols are sung and the Christmas story is read.



The Orientals do not celebrate Christmas but have a large celebration for the first few days of the New Year. In many communities the blending of the 108 strokes of the Buddhist bell or a Friendship bell are an accepted part of the midnight noise of New Year. (108 strokes of the bell is believed to dispell all of the evil of the past year.) Gold and silver fans and parasols decorated with silk good luck balls are often part of the California decor. The orientals feel that the New Year is a chance to start all over, a time to renew hope. It is believed that good fortune can only enter a clean home free of debt. Older Californians adopted the custom that one cannot go into the new year with any debts, and one could always expect loans of any kind to be repaid before the end of the year. Naturally, bills for Christmas gifts were frowned upon, and most natives have a Christmas cupboard or a large carton in a closet where they stash gifts away for the season throughout the year. Everyone in the family is honor-bound to not look into any package which they did not put into the cupboard, too. As children, we loved to see the cupboard fill up as the Holiday season approached, just as children do today.

Oriental food customs have influenced our cooking and the traditional bread and raisin filling for the turkey is made more delicious by the addition of slivered almonds, 1 can of diced water chestnuts, a diced stalk of celery, a dash of Aji-nomoto and a tablespoon or two of soy sauce. Turkey chow mein or turkey curry are expected uses for the left-over bird, too.

A Community Christmas tree is a must, too. Our Community tree has been in Balboa Park since 1953 (downtown before that). Dr. Purvis Martin supplies the tree which is cut from his backcountry property by the local Marine Reserve unit and erected in the Park. (*Editors note: Wouldn't it be wonderful to transplant a living tree which could be used year after year and become part of our history?*) Members of the Chamber of Commerce, with no commercial strings attached, donate all the lights for a gift to the community. The City puts the lights up every year and the Zoo loans the

camels and other animals seen in the creche which was created by Mr. Vargas of Hollywood fame. Christmas programs are given daily in the Organ Pavilion and Christmas music is played on the organ and by the chimes in the California Tower. As many visitors come from Mexico to enjoy our Christmas pageant, all signs, information and introductions are given in both English and Spanish.

Southern Californians love to decorate their homes, and whole cities are ablaze with color during the holiday season. Many families still line their walks or driveways with "luminarios," paper bags weighted with sand which balance the lighted candle inside. This custom originated in Mexico and symbolically lights the way for the Christ child to enter the house. Sometimes whole streets will organize to create a scene. At least one evening (and it could take a whole week) viewing the Christmas lights is a must.

Every year new customs are added to make this truly a delightful season.



PHOTO BY ANNE GALLOWAY

A Mexican fired clay figurine done in the ancient manner.



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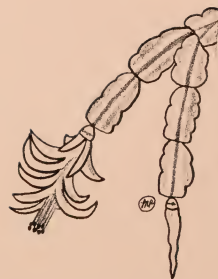


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Christmas

Cactus

Dr. Leroy N. Phelps, Ph.D.



Zygocactus truncatus

THE FLOWERS ARE THE REASON for the Christmas Cactus being so popular. They appear in midwinter (late October to January), a given plant remaining in bloom for over three to six weeks. The flowers normally appear from the end segment of each branch and there may be up to four flowers from each. The flower is nearly three inches long and over an inch wide. The colors available range from nearly pure white through crimson red to deep purple. The green joints or stem segments of the plant average about two inches long and one inch wide. The segments are flat, usually with several teeth on each side. A truly handsome plant and a welcome gift.

It is a moisture and shade loving plant, but it also demands that the roots be well aerated. In our climate the plant must

have from one-fourth to one-half sun in order to bloom properly. With this amount of sun the plant will have a reddish blush over the normal clear green color. The roots of this plant are not extensive, so large containers are not required. No matter what the size of the container, the soil must be loose, fairly rich (about 50% humus) and very well drained. It is a hanging plant and is displayed best in a hanging basket or in a stilted pot.

It requires a few weeks at 50 to 55 degrees during the fall in order to set buds. Once buds have been set, the plant will bloom quicker if warmed up, although warming is not necessary. It is frost sensitive, so don't leave it exposed if freezing is expected. It is wise not to change the light direction drastically after

the buds show color as they may twist and drop off. Some plants will set fruit freely (if you're not a faded-flower-picker-offer), and the fruits are dull red with a pear shape and about a half-inch long.

If you have been given an unrooted cutting, this cutting should bloom and root properly if kept on the dry side in regular potting soil or pure sand. The roots should appear within two months—be sure to not over-water. When roots develop, if in sand, carefully repot in the before mentioned potting soil. The plant should bloom the following year.

(Condensed from an article in V61-#1 *California Garden* by Dr. Leroy N. Phelps.)

Dr. Phelps is professor of Microbiology at San Diego State and a cactus hobbyist who collects plants from their native habitat. He again shares his hobby with us.



(*Sedum guatemalense*)

WHAT SUCCULENT could be more timely than a Sedum named "Christmas Cheer?" This unexpected appellation comes from the glistening bright green leaves, which—in full sun—turn bronze and then

Cheer

Nibby Klinefelter

almost cherry-red, particularly toward the end of the year in time for the Holidays. It takes only a slow stretch of the imagination to see red and green and conclude "Christmas Cheer."

Botanically, it is *Sedum guatemalense*. Obviously it is native to Guatemala. Sedum comes from the Latin, sedo, to sit, which Sedums like to do around rocks.

Flowering in the summer, the small star-shaped blooms are attractive. It is for the smooth sausage-shaped leaves that cluster in an elongated rosette around the stem that we grow it, however. One source refers to the leaves as egg shaped. Another calls it "the Jelly Bean Plant," and still another "Boston Beans." Plump and succulent, it does look good enough to eat.

This sedum grows a rich vibrant green in the shade, but loses it compactness.

Grow in full sun in poor soil and on the dry side for full rosy color. It branches and spreads beautifully. Only 4-6 inches high it can be established as a ground cover in limited areas. It is attractive as a pot plant and with a little care can be trained happily in a hanging basket.

One unique feature—nearly every leaf forms a bud and takes root where it falls from the plant. When too many leaves have fallen, too much bare stem is left behind; remedy this by nipping the remaining rosette and poking it in the soil to make another plant. Every Cub scout, every Brownie and every gardening friend is delighted with this instant reproduction of this charming plant.

Nibby Klinefelter is a hobbyist grower of succulents. She says that these fascinating plants are easy to care for and have fascinating histories.

SEASONING BOUTHS

Virginia M. Innis

Many home gardeners grow some plants partially because they provide excellent branches, berries or bloom for holiday decorations and flower arrangements. Among favorite plants, shrubs and trees are: evergreens, especially holly and conifers, poinsettias and berried cotoneaster and pyracantha.

Holly, Carissa and Conifers

Holly, carissa and conifers are among the branches that last the longest after being cut. Branches will stay attractive for many days without any special treatment. Flower arrangers use these materials for tall line material which will last from three to six weeks. Flowers are changed as needed in the long-lasting arrangement.

Carissa, which is commonly called Natal Plum has an attractive bright red fruit which is edible; the flower is a small white star shape. The carissa foliage is green and waxy and there are large thorns. When the foliage is without flower or fruit, arrangers have pierced other flowers on the thorns for quick and temporary decorations. Branches, in general, have a fresher appearance and last longer if they are cut in late afternoon and given a soaking in cold deep water. Most arrangers keep branches in water overnight which is an added treatment for longevity. Before arranging, some arrangers hit the tip end of hardened wood with a hammer. Some claim that this enables the wood to better draw water. It does help to fasten the branch to a pin holder.

Some Japanese flower arrangers are reputed to make a practice of soaking seasoned conifers in water for a period of up to two weeks before making the attempt to bend them for flower arrangements.

After the conifers have had a deep cold soak an additional aid in retaining freshness may be achieved by the use of new commercial products which are on the market. The basic ingredient of this product is an anti-transpirant which prevents water loss through the needles or leaves. It is recommended for cut branches and especially to keep needles from falling on the indoor, live Christmas tree.

Cotoneaster and Pyracantha

Cotoneaster and pyracantha are among the hardy, easy-to-grow shrubs that are found in an abundance almost everywhere. In the Southwest pyracantha is not commonly called firethorn as it is in other places. But the bright red and yellow berries are here with their fiery thorns. They attract birds to the garden to consume the berries and the berried branches made colorful decorations.

Most flower arrangers grow both cotoneaster and pyracantha for the line material in flower arrangements. The foliage is attractive all year. Pyracantha should not be pruned when it is in bloom. Along with the evergreen pear, and the loquat, it is subject to fire-blight, a virus infection which may also be transmitted by pollen-carrying insects. Fire-blight may be pruned from infected trees by cutting a foot below the infection.

These pruning practices are mentioned because we prune each time we cut a branch. In selecting berry branches for cutting, select full berry branches, leave the branches that show new growth protruding from the berries; this new growth will flower in the spring and provide the berries for next year.

Now is a good time to select cotoneaster or pyracantha shrubs for planting. Most nurseries have from five to six varieties of both shrubs. Nurseries have varieties that do well in the area where the plant is most likely to be planted. Some of these plant varieties take more cold than others, real cold, freezing weather.

An especially popular variety of cotoneaster with flower arrangers is the *Cotoneaster pannosa*. Not all nurseries carry this beautiful, tiny, silver-gray foliage plant.

Berry branches should be cut in the late afternoon and they benefit from the cool-deep overnight soak in water. If boughs are placed in vases, all foliage under the waterline should be stripped to prevent bacteria growth which will take from the life and freshness of the branch and from any other flowers in the same container.

Poinsettias

In late summer poinsettias should have been fed a 6-10-4 solution which will add to the color and size of the flower. Those who have desired a delicate color of white, pink or red, will have kept the plants in partial shade to create this desired effect. Most pinching and cutting back of the plant will have occurred in June with the middle of June as the latest possible time to cut and still get Christmas bloom. August cutbacks will bloom after Christmas.

Poinsettia growers water the plants once a week where there is rapid drainage; under other conditions, two good soakings a month are given. Too much water causes the leaves to drop. Also, stripping of the leaves stimulates the plant to bloom. However, most people who work with cut poinsettia desire leaves to aid in keeping the cut flowers fresh.

To all of those who have followed good horticulture practices and still do not have a good plant, behold some vacant lot where without care or water, poinsettias blaze forth in a wonder of bloom and beauty and eat your heart out. The fact that the plants may be seen all over Southern California, surviving and blooming without any care does indicate that the plant is one of the easier ones to grow and bring to bloom.

Cut Poinsettia Treatments

The Ecke Poinsettia farms in Encinitas produce the world's most beautiful potted poinsettias. Their leadership is not only measured by their volume of sales but by the beautiful colors they have developed and continue to produce. The Ecke method of preserving cut poinsettias might be considered tops. In the fields where many blooms are picked, each stem is cut and its end is burned with a blow torch before it is dunked into deep cold water.

Ada Perry, who writes a column for the *San Diego Union* and who is a frequent lecturer at the Walter Andersen free garden classes on Thursday and Saturday mornings at the nursery in San Diego, advises a variation of the Ecke method. She instructs, cut one or two poinsettias and take them inside the house

and burn over the flame of the kitchen stove for one or two minutes before dropping into a pail of deep-cold water.

Other variations on the above methods are: Have a pot of boiling water where the poinsettias are being cut, dip each cut stem into the boiling water and then plunge into deep cold water.

The Chevrolet Magazine of 1966 suggested plunging the poinsettias newly cut stem into a bleach solution, two tablespoons to a gallon of water, wash in plain water and then plunge into deep, cold water. Still another variation is to dip into a solution of rubbing alcohol before dropping it into the deep, cold water.

A novel treatment idea is to have boiling parafin and to dip cut stems into the parafin and after it has cooled, place the stem into wet sand. It is said that stems given the parafin treatment are likely to sprout in the wet sand.

All the techniques seem to agree that the cold, deep water bath is of great importance and that flowers in such a bath should be kept in the shade or in the north or east part of the home. Tall-stemmed plants may be soaked or given the treatment in a bath tub. Holding blooms down and stem end up prevents starchy substance from dripping out before the stem is treated. Mature blooms are most likely to respond to any of the treatments better than a tender, immature bloom.

After the stems have been treated, the flowers may be arranged or shipped. Some arrangers arrange the blooms after a three- or four-hour soak in the deep, cold water; others prefer an overnight soaking before arranging. If blooms are to be transported, some claim that sticking each stem-end into a cut lemon helps preserve the bloom. There is moisture and a reputed chemical benefit from the lemon. Wet papers are put around the bloom and dry papers over the wet ones. This technique is said to be excellent and that the flowers may stay fresh two or three days in shipment. Arrangements benefit from being put outside at night provided that the weather isn't too cold. And provided you do not have a hungry jack rabbit or skunk in the neighborhood.

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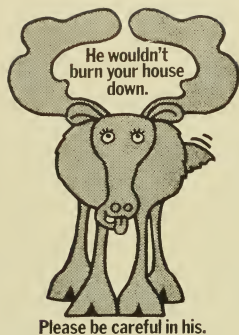


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CHRISTMAS ESPALIER

IF YOU DON'T HAVE ANY GROUND and not much room a flat living tree can be made by using one of the fan shaped trellises available at a nursery. Turn it up-side-down. With a hack saw or trimming saw cut off the base and attach it to the wider other end. This tree, and it does look like a tree, can then be used as a base for a growing "tree." Ivy, pyracantha, philodendron, anything that will vine will do.

For an instant tree, large leaves can be stapled on the trellis. Then ornaments can be attached with wires. A charming tree can be made using artificial lemons or oranges or use pears and add a part-ridge and enjoy. BJ



PHOTO BY BETTY MACKINTOSH

TRY GROWING YOUR OWN PINES FROM SEEDS. Prepare small cans by punching 2-4 holes in the bottom. Mix the seeds with a soil mixture of $\frac{1}{3}$ sand, $\frac{1}{3}$ leaf mold and $\frac{1}{3}$ soil, and dampen. Place in cans and cover with wax paper. Place the cans in a cool place where they will not freeze; in the vegetable compartment of the refrigerator is fine. After a "win-

ter" of 10-12 weeks, spread the "canned" soil mix on the surface of a prepared flat and cover with a thin layer of soil. Keep the flat moist and warm until the seeds germinate in about two weeks. Then continue care as for any seedling. Remember, for seeds taken "in the wilds" a 50% germination is considered excellent.

Living Wreaths

George Kempland

TO MAKE A LIVING WREATH a frame of the desired size must be made of one inch welded hardware cloth (galvanized wire). The wreath pictured is about four feet in diameter and six inches square. Fill the frame with sphagnum moss, dampening it as it is tightly packed into the frame. Lay the frame flat.

Cut pieces of succulents, crassulas or echeveria or any of the rosette shape ones, and let them heal or dry for four to five days. Poke holes in the moss with a pencil or dowel, dip the stem of the succulent into a rooting hormone and place in the hole. For the "bow" use Airplane plant (*Chlorophytum elatum*). Cover the frame and let the wreath lay flat for about two weeks until the plants begin to root. Then hang the wreath in an area where it will receive partial shade.

If the wreath is prepared in late summer it should be beautiful for the holiday season and for many years. It should be thoroughly watered weekly and given monthly feedings of a liquid fertilizer.

George Kempland is the Park Supervisor, N.W. District of San Diego. He designs fascinating things using plants and many of his creations can be seen in the Botanical building as well as in his own garden.

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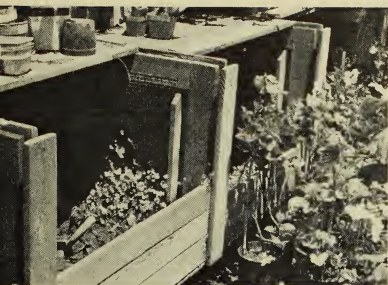


PHOTO BY BETTY MACKINTOSH

Potting Bench

THERE IS NOTHING HANDIER or more useful than a potting bench. Alice Clark has two of her own design in her yard, one in front and one in back. One of the most convenient features in the design is the space for toes at the base.

Corner posts and supports are made of redwood and the front of the bin is constructed of slats of redwood 1" x 4" x about 30" long. The boards fit into slots down the front making a solid front. The top should be the height most convenient for the gardener who will be using it. Hardware cloth is used for the sides because this allows plenty of air circulation.

The bin is filled with peat, leaf mold, etc. and one pots on top of the material. As the material is used the boards are slipped out of the front and laid on the top to make an ever widening work bench. The front slopes inward from the top so that the material will always drift downwards, too.

Alice Clark makes her bench in units of four bins, but any number of units can be used.

Wouldn't this be a nice gift to yourself for Christmas? BJ

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Treasure Ship

Na-ka-ki-yo-no to-no ne-fu-ru-no
mi-na-me-za-me,

Na-mi-no-ri fu-ne-no o-to-no yo-ki-ka-na.
"In the sleep of the long night, I hear,
half asleep, the sound of a ship coming
in, riding over waves—oh, what a pleas-
ant dream!"

On the night of the second of January the Japanese believe that one should dream the first dream of the year which will reveal one's fate for the year. An *otokara*, honorable treasure, picture is placed under the pillow before retiring on this date. An *otokara* is either a paper with the above poem on it or a picture of a treasure ship, *Takara-bune*. The ship is pictured either with the Seven Gods of Good Fortune, *Shichi-fuku-jin*, as passengers or piled with treasure cargo, *Takaramono*. Our ship is piled with treasures and has the traditional pine (vigor and long life), plum (virtue), and bamboo (strength or steadfastness) on the sails. Maybe if you put *California Garden* under your pillow you'll dream of the wonderful garden you will grow next year. Happy Gardening in 1971! May the pests be few and the flowers and fruits and vegetables plentiful.



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CALIFORNIA GARDEN INDEX

Vol. 61—Feb.-March 1970—December 1970

SUBJECT INDEX

ALOE VARIEGATA (See SUCCULENTS)

ANNIVERSARY, 200TH

Innis, Virginia M.: The 200th anniversary's accent on flowers, p. 5-7 (Feb.-Mar.)

AUSTRALIAN GIFT, p. 8 (Feb.-Mar.)

BALBOA PARK

Chew, Ernest: Steps in city reforestation, p. 16 (Apr.-May)
Jew, Ernest: Balboa Park trees, p. 14 (Aug.-Sept.)

Jerabek, Chauncy: Plant walk, El Prado, p. 17-18 (June-July)

Jones, Barbara: Park or parking, p. 4 (Apr.-May)

Jones, Barbara, Florida Canyon, p. 4 (Aug.-Sept.)

BAMBOO

Fadem, Ron: Bamboo, p. 8-9 (June-July)

BARRIERS

Two efficient barriers, p. 11 (Oct.-Nov.)

BASIL

Gray, Josephine: Sweet equivocal basil, p. 25 (June-July)

BENCH POTTING

Jones, Barbara: p. 30 (Dec.) 1970

BIOGRAPHY

Alice Clark's favorite pelargoniums, p. 4-5 (June-July)

Innis, Virginia M.: An introduction to the new editor, p. 4 (Feb.-Mar.)

Rainford, Alice: Memories of Kate Sessions, p. 20 (Oct.-Nov.)

Witham, Helen V.: Chocolate Bells (Letter from Alice M. Rainford), p. 12 (Feb.-Mar.)

BIRD CAGE

Arnold, Dixon J.: Fly-thru bird cage, p. 9, 27 (Feb.-Mar.)

BONSAI

Daly, Simone and Hosier, Shirley: Instant bonsai: An adventure in discovery, p. 9 (Apr.-May)

BONE MEAL, p. 4 (Oct.-Nov.)

BOOK REVIEWS

Austin, Robert & Ueda, Koichiro: Bamboo, p. 28 (Oct.-Nov.)
Baer, Barbara: The very new Christmas make-it book, p. 28 (Oct.-Nov.)

Creekmore, Betsey B.: Traditional America crafts, p. 28 (Oct.-Nov.)

Feasy, Peggy: Rubies & roses—gems portrayed in flowers, p. 29 (Oct.-Nov.)

Keeler, Harriet: Our Northern shrubs & how to identify them, p. 30 (Feb.-Mar.)

Kerr, Jessica: Shakespeare's flowers, p. 25 (Aug.-Sept.)

Lawson, A. H.: Bamboos: A Gardener's guide to their cultivation in temperate climates, p. 30 (Apr.-May)

Nehrling, Arno & Irene: Flower growing for flower arrangement, p. 28 (Oct.-Nov.)

Plowden, C. Chickerley: Manual of plant names, p. 30 (Feb.-Mar.)

Preston, Richard J., Jr.: Rocky Mountain trees, p. 29 (Oct.-Nov.) 1970.

Sparnon, Norman: The poetry of leaves, p. 28 (Oct.-Nov.)

Trelease, William: Plant materials of decorative gardening, p. 30 (Apr.-May)

Trelease, William: Winter botany, p. 30 (June-July)

BOUGHS, PRESERVATION

Innis, Virginia M.: Seasoning boughs, p. 27-28 (Dec.)

BRANCHES, USE, p. 7 (Dec.)

BUCKWHEAT

DeGroot, Louise: Eriogonum fasciculatum—buckwheat, p. 25 (June-July)

CACTUS

Phelps, Dr. LeRoy N.: Cactus, p. 23 (Feb.-Mar.)

Phelps, Dr. LeRoy N.: Cactus: Mammillaria zucariniana, p. 22 (June-July)

Phelps, L. N.: Easter cactus, p. 22 (Aug.-Sept.)

Phelps, LeRoy N.: Christmas cactus, p. 26 (Dec.)

Stalsonburg, Jim: So you have a box of cactus, p. 10 (June-July)

CALENDAR OF CARE

James, George, p. 19-20 (Feb.-Mar.)

James, George, p. 23-24 (Apr.-May)

James, George, p. 19-20 (June-July)

James, George, p. 20-21 (Aug.-Sept.)

James, George: Soil penetrants, p. 23 (Oct.-Nov.)

CALIFORNIA

Jones, Barbara: California Christmas, p. 24-25 (Dec.)

Recipes: 21-22 (Dec.)

CALIFORNIA GARDEN

Index, Vol. 60, p. 15-16 (Aug.-Sept.)

Index, Vol. 61, p. 32-35 (Dec.)

Photography, Best by Betty Mackintosh, p. 16-18 (Oct.-Nov.)

CAMELLIAS

James, George: Camellias, p. 26 (Aug.-Sept.)

Persing, Charles B.: Camellias, p. 25 (Feb.-Mar.)

Persing, Charles B.: Camellias, p. 25 (Apr.-May)

CHRISTMAS (See also YULE)

Cactus: Phelps, LeRoy N.: Christmas cactus, p. 26 (Dec.)

California: Jones, Barbara: California Christmas, p. 24-25 (Dec.)

Corsages: Close, Duane Bud: Holiday corsages, p. 17 (Dec.)

Editorials: Innis, Virginia: The quest and loss of personal peace, p. 2 (Dec.); Jones, Barbara: Potpourri, p. 2 (Dec.)

Espalier: Jones, Barbara: Christmas espalier, p. 29 (Dec.)

Flower Arrangements: Innis, Virginia M.: Sparkling arrangements, p. 23 (Dec.); Marx, Dorothy: Greetings with arrangements, p. 15 (Dec.)

Plants, House: Clark, Alice M.: Holiday house plants, p. 14-15 (Dec.)

Plants, Preservation: Innis, Virginia: Bough seasoning, p. 27-28 (Dec.)

Recipes: Season's Greetings Recipe, p. 17 (Dec.); What's cooking in California, p. 21-22 (Dec.)

Robinson, A. D.: Thoughts on Christmas, p. 5 (Dec.)

Rose: Morgan, Vera: Helleborus: The Christmas rose, p. 12 (Dec.)

Succulents: Klinefelter, Nibby: Christmas Cheer, p. 26 (Dec.)

Trees: James George: Living Christmas trees, p. 4-5 (Dec.)
Hotel Del Coronado, 1904, p. 7 (Dec.)

Wreaths: Jones, Barbara: Wreaths and swags, p. 15 (Dec.);
Kemland, George: Living wreaths, p. 29 (Dec.)

CHRYSAANTHEMUMS

Innis, Virginia M.: Mums, p. 9 (Oct.-Nov.)

CLARK, ALICE M.

Alice Clark's favorite pelargoniums, p. 4-5 (June-July)

Jones, Barbara: Alice Clark's potting bench, p. 30 (Dec.)

CONTAINERS

Avoid setback and shock with peat pots, p. 16 (Feb.-Mar.)

CORSAGES

Close, Duane Bud: Holiday corsages, p. 17 (Dec.)

CUCUMBERS

Garcia, Rosalie: Cukes on parade, p. 14-15 (June-July)

CUTTINGS, GRASS, p. 4 (Oct.-Nov.)

DAHLIAS

Sisk, Larry: Dahlias, p. 21 (Feb.-Mar.); p. 26 (Apr.-May);
p. 5-6 (Aug.-Sept.); p. 22 (Aug.-Sept.)

DECORATIONS, CHURCH

Decorating the church or chapel: From notes in Alice Rainford's notebook, p. 20 (Oct.-Nov.)

DRIFTWOOD

Bowen, Ann: Preparing driftwood, p. 27 (Aug.-Sept.)

DRYANDRA (See PROTEA)

DUDLEYA ATTENUATA (See SUCCULENTS, DUDLEYA ATTENUATA)

ECKE, PAUL

Jones, Barbara: Mr. Poinsettia, p. 8 (Dec.)

ECOLOGY

- Gruber, Phoebe: A garden club's anti-litter activity, p. 13 (June-July)
Innis, Virginia M.: The oceans and lagoons are open space, too, p. 12-13 (Oct.-Nov.)
Jones, Barbara: Think green, p. 4 (Aug.-Sept.)
Jones, Barbara: What is ecology, p. 4 (Aug.-Sept.)
Jones, Barbara: A voice, p. 4 (Oct.-Nov.)

EDITORIALS

- Innis, Virginia: The quest and loss of personal peace, p. 2 (Dec.)
Jones, Barbara: Conservation of people, p. 4 (Feb.-Mar.)
Jones, Barbara: Park or parking, p. 4 (Apr.-May)
Jones, Barbara: Think green, p. 4 (Aug.-Sept.)
Jones, Barbara: A voice, p. 4 (Oct.-Nov.)
Jones, Barbara: Potpourri, p. 2 (Dec.)

EPIPHYLLUMS

- Hartford, Richard A.: Epiphyllums, p. 28-30 (June-July)

ERIGONUM FASCIULATUM

- DeGroot, Louise: Eriogonum fasciculatum—buckwheat, p. 25 (June-July)

ESPALIER

- Jones, Barbara: Christmas espalier, p. 29 (Dec.)

EUCALYPTUS (See TREES)

FERTILIZATION

- James, George: Calendar of care, p. 19-20 (Feb.-Mar.)
James, George: Calendar of care, p. 23-24 (Apr.-May)
Bone meal, p. 4 (Oct.-Nov.)
Wilted grass cuttings, p. 4 (Oct.-Nov.)

FIRE

- Jones, Barbara: Wildfire control by burning, p. 15 (Oct.-Nov.)
Damage to plants, p. 15 (Oct.-Nov.); p. 14 (Oct.-Nov.)

FLEMING, GUY

- Plant walk, Torrey Pines State Reserve, p. 19-20 (Dec.)

FLORAL ASSOCIATION

- Events, p. 2 (Feb.-Mar.); p. 2 (Apr.-May); p. 2 (June-July); p. 2 (Aug.-Sept.); p. 2 (Oct.-Nov.)

FLORIDA CANYON (See BALBOA PARK)

FLOWER ARRANGING (See ALSO IKEBANA)

- Crocker, Loretta: Preserve your arrangements, p. 23 (Dec.)
Innis, Virginia M.: Tips on preparing dried plant material, p. 27 (Aug.-Sept.); Sparkling arrangements, p. 23 (Dec.)
King, Verlan: Flowers in the lighthouse, p. 8-9 (Oct.-Nov.)
Marx, Dorothy: Thoughts on creative flower arrangement, p. 29 (Apr.-May); Simplicity in flower arrangement, p. 27 (June-July); Greetings with arrangements, p. 13 (Dec.)

FLOWERS

- Innis, Virginia M.: The 200th anniversary's accent on flowers, p. 5-7 (Feb.-Mar.)

FLOWERS, LANGUAGE

- The language of flowers, p. 22 (Dec.)

FLOWERS, WATER

- Phelps, Leroy N.: Water gardening, p. 5-6 (Apr.-May)

FLOWER SHOWS

- The biggest flower show in the West from the San Diego County Fair to Southern California Exposition, p. 7 (June-July)

FUCHSIAS

- Knotts, Helen Hayes: Fuchsias: "Confiding Love," p. 13 (Feb.-Mar.)
Doty, Morrison W.: Fuchsias, p. 26, (Feb.-Mar.)
Watson, J. W.: Fuchsias, p. 28 (Apr.-May); p. 23 (June-July); p. 24 (Aug.-Sept.)

GARDENING (See Also PLANTS)

GARDENING, AERATION

- Miller, John E.: Gardening with worms, p. 14 (Aug.-Sept.)

GARDENING, HERBS

- Gray, Josephine: Let's make an herb garden, p. 10-11 (Apr.-May)

GARDENS, JAPANESE

- Jones, Barbara: Japanese gardens, p. 22 (Apr.-May)
Jones, Barbara: Language of rocks, p. 26 (June-July); p. 18-19 (Aug.-Sept.)

GARDENING, WATER (See FLOWERS, WATER)

- Jones, Barbara: Water garden edge planting, p. 12-13 (June-July) 1970
Jones, Barbara: Build a water garden, p. 26 (Oct.-Nov.)

GARDENS

- Wuest, Sarellen: That interesting garden on Reynard Way, p. 20-21 (Apr.-May)
Conservation of people, p. 4 (Feb.-Mar.)

GROUNDCOVERS

- Three for groundcovers, p. 11 (Oct.-Nov.)

HARTWELL, KENT

- Plant walk, Torrey Pines State Reserve, p. 19-20 (Dec.)

HELLEBORUS

- Morgan, Vera: Helleborus: The Christmas rose, p. 12 (Dec.)

HERBS (See also under Specific Herb)

- Gray, Josephine: Let's make an herb garden, p. 10-11 (Apr.-May); Midsummer gossip about herbs, p. 19 (Aug.-Sept.); Harvest and renewal, p. 21 (Oct.-Nov.); A gift of herbs, p. 6-7 (Dec.)

HOLLY

- Witham, Helen: Holly, p. 10 (Dec.)

HOSE

- Gray, Josephine: The story of a hose, p. 6 (Aug.-Sept.)

HOTEL DEL CORONADO

- Christmas tree, 1904, p. 7 (Dec.)

IKEBANA

- 3-5-7, p. 29 (Feb.-Mar.)
Shogatsu, p. 23 (Dec.)
Seasonal rules, p. 19 (Oct.-Nov.); p. 29 (Apr.-May); p. 28 (Aug.-Sept.)

IRIS

- Roberts, Sanford: Iris, p. 28 (Feb.-Mar.); p. 25 (Apr.-May); p. 21 (June-July); p. 25 (Aug.-Sept.)

IRIS, JAPANESE

- Gunther, Bill: Japanese iris, p. 7 (Apr.-May)

JAPAN

- Jones, Barbara: One day tour of Kyoto, p. 17 (Aug.-Sept.)
Shogatsu, New Year, p. 23 (Dec.); Treasure ship, p. 31 (Dec.)

JAPANESE GARDENING (See GARDENING JAPANESE)

JERABEK, CHAUNCY

- Plant walk, El Prado, Balboa Park, p. 17-18 (June-July)

JONES, BARBARA

- Innis, Virginia M.: An introduction to the new editor, p. 4 (Feb.-Mar.)

KEMPLAND, GEORGE

- Plant walk, Community Concourse, p. 17-18 (Apr.-May)

KYOTO

- Jones, Barbara: One day tour of Kyoto, Japan, p. 17 (Aug.-Sept.)

LA JOLLA GARDEN CLUB

- Gruber, Phoebe: A garden club's anti-litter activity, p. 13 (June-July)

LANDSCAPING

- Stalsenburg, Jim: Desert landscaping, p. 8-9 (Aug.-Sept.)

LANGUAGE

- Language of flowers, p. 22 (Dec.)

LIGHTHOUSE

- King, Verlan: Flowers in the lighthouse, p. 8-9 (Oct.-Nov.)

LILLIES, WATER

- Gunther, Bill: Water lilies go democratic, p. 11 (June-July)

LITTER

- Gruber, Phoebe: A garden club's anti-litter activity, p. 13 (June-July)

MACKINTOSH, BETTY

- Best by Betty Mackintosh, p. 16-18 (Oct.-Nov.)

MAMMILLARIA ZUCCARINIANA (See CACTUS)

MEXICO, FOOD

- Garcia, Rosalie: Tijuana Tidbits, p. 12-13 (Aug.-Sept.)

MISTLETOE

- p. 11 (Dec.)

MITES

- Ellis, Clara E.: The clover mite and I, p. 29-30 (Oct.-Nov.)

MOBILES

- Innis, Donald and Innis, Virginia: Mobiles, p. 11 (Dec.)

NEMESIAS, p. 30 (Apr.-May)

NEW YEAR

- Ikebana: Shogatsu, p. 23 (Dec.); Japanese treasure ship, p. 31 (Dec.)

OAK (See TREES)

OPEN SPACE (See ECOLOGY)

ORCHIDS

- Close, Duane Bud: Orchids, p. 26 (Feb.-Mar.); p. 28 (Apr.-May); p. 20 (June-July); p. 24 (Aug.-Sept.); p. 24-25 (Oct.-Nov.)
Native orchids of San Diego County, p. 8 (Apr.-May)

PARKING LOTS

- Jones, Barbara: Park or parking, p. 4 (Apr.-May)

PEACE

Innis, Virginia M.: The quest and loss of personal peace, p. 2 (Dec.)

PELARGONIUMS

Alice Clark's favorite pelargoniums, p. 4-5 (June-July)

PESTICIDES

Jones, Barbara: Pesticide disposal, p. 25 (Aug.-Sept.)

PINE, FERN

Jones, Barbara: Podocarpus gracilior (Fern pine), p. 15 (Apr.-May)

PINES, SEEDLINGS

p. 29 (Dec.)

PLANTS (See also GARDENING)

PLANTS, BORDER

Jones, Barbara: Water garden edge planting, p. 12-13 (June-July)

Nemesias, p. 30 (Apr.-May)

PLANTS, DRIED

Innis, Virginia M.: Tips on preparing dried plant material, p. 27 (Aug.-Sept.)

PLANTS, FIRE DAMAGE, p. 15 (Oct.-Nov.)

PLANTS, HOUSE

Clark, Alice M.: Holiday house plants, p. 14-15 (Dec.)

PLANTS, NATIVE

Witham, Helen V.: Go native, p. 10 (Oct.-Nov.)

PLANTS, NOMENCLATURE

Witham, Helen: A primer for name-callers, p. 10-11 (Aug.-Sept.)

PLANTS, POT

Marx, Dorothy: Pot Plants . . . A pleasant addiction, p. 10-11 (Feb.-Mar.)

PLANTS, SEA

Witham, Helen: Let's go down to the seashore, p. 30 (Aug.-Sept.)

PLANTS, WATERING, p. 24 (June-July)

PLANTS, WOODY

Witham, Helen V.: A primer for bark watchers, p. 14-15 (Apr.-May)

PLANT WALK

Hartwell, Kent: North Grove, Guy Fleming Trail, Torrey Pines State Reserve, p. 19-20 (Dec.)

Jerabek, Chauncy, El Prado, Balboa Park, p. 17-18 (June-July)

Kempland, George: Community Concourse, p. 17-18 (Apr.-May)

Saracino, James, County Administration Building, p. 17-18 (Feb.-Mar.)

PODOCARPUS GRACILIOR (FERN PINE)

Jones, Barbara: Podocarpus gracilior (fern pine), p. 15 (Apr.-May)

POINSETTIA

Brophy, Grace: Legends, p. 9 (Dec.); Jones, Barbara: Mr. Poinsettia: Paul Ecke, p. 8 (Dec.); Rainford, Alice: Perils of poinsettias, p. 9 (Dec.)

POLLUTION (See ECOLOGY)

POTATOES, SWEET

Brophy, Grace: Recipes, p. 17-18 (Dec.); Garcia, Rosalie: Sweet potatoes, p. 16-17 (Dec.)

POTS

Avoid setback and shock with peat pots, p. 16 (Feb.-Mar.)

POTTING BENCH

Jones, Barbara: Alice Clark's potting bench, p. 39 (Dec.)

PROTEA

Gardner, Carlton: Growing the golden protea, p. 7 (Aug.-Sept.)

PRUNING

Calendar of care, p. 20-21 (Aug.-Sept.)

RAINFORD, ALICE M.

Witham, Helen V.: Chocolate bells, II (Letter from Alice Rainford), p. 12 (Feb.-Mar.)

RECIPES

Brophy, Grace: Sweet potato recipes, p. 17-18 (Dec.); Season's greetings, p. 17 (Dec.); What's Cooking in California, p. 21-22 (Dec.)

REFORESTATION

Chew, Ernest: Steps in city reforestation, p. 16 (Apr.-May)

ROBINSON, A. D.

Thoughts on Christmas, p. 5 (Dec.)

ROCKS

Jones, Barbara: Language of rocks, p. 26 (June-July); p. 18-19 (Aug.-Sept.)

ROSES

James, George: Roses, p. 26 (Aug.-Sept.)

Morgan, Vera: Helleborus: The Christmas rose, p. 12 (Dec.)

Streep, Richard D.: Roses, p. 24 (Feb.-Mar.); p. 24 (June-July)

ROSES, JUDGING

Wilson, Donald A.: Roses: Judging the exhibition rose, p. 27 (Apr.-May)

ROSES, RESTORATION

Innis, Virginia M.: Wilted rose restoration, p. 19 (Oct.-Nov.)

SAN DIEGO COUNTY (See also BALBOA PARK)

SAN DIEGO COUNTY, BUILDINGS

Kempland, George: Plant walk, Community Concourse, p. 17-18 (Apr.-May)

Saracino, James: Plant walk, County Administration Building, p. 17-18 (Feb.-Mar.)

SAN DIEGO COUNTY, FLOWER SHOW

Biggest flower show in the West from the San Diego County fair to Southern California Exposition, p. 7 (June-July)

SAN DIEGO COUNTY, REFORESTATION

Chew, Ernest: Steps in city reforestation, p. 16 (Apr.-May)

SARACINO, JAMES

Plant walk, County Administration Building, p. 17-18 (Feb.-Mar.)

SCHUMBERGERA RUSSELLIANA (See EASTER CACTUS)

SCHWANTESIA RUDEBUSCHII (See SUCCULENTS)

SEEDS, SOWING

Mussler, Allan: Seed sowing, p. 19 (Apr.-May)

SESSIONS, KATE

Rainford, Alice: Memories of Kate Sessions, p. 20 (Oct.-Nov.)

SHRUBS, PRUNING

Calendar of care, p. 20 (Aug.-Sept.)

SOIL, PENETRANTS

James, George: Calendar of care, p. 23 (Oct.-Nov.)

SQUASHES

Garcia, Rosalie: Squashes anytime, p. 12-13 (Apr.-May)

SUCCULENTS

Klinefelter, Nibby: Succulents, p. 22 (Feb.-Mar.)

Mussler, Allan: Succulent cuttings, p. 16 (June-July)

SUCCULENTS, ALOE VARIEGATA

Stalsonburg: Succulents: Also variegata, p. 22 (June-July)

SUCCULENTS, CHRISTMAS

Klinefelter, Nibby: Christmas cheer, p. 26 (Dec.)

SUCCULENTS, DUDLEYA ATTENUATA

Klinefelter, Nibby: Succulents: Dudleya attenuata, p. 23 (Aug.-Sept.)

SUCCULENTS, SCHWANTESIA RUDEBUSCHII

Klinefelter, Nibby: Succulents: Schwantesia rudebuschii, p. 24 (Oct.-Nov.)

SUNFLOWER SEEDS

Garcia, Rosalie: Sunflower seeds . . . not for birds alone, p. 6-7 (Oct.-Nov.)

SWAGS

Jones, Barbara: Wreaths and swags, p. 15 (Dec.)

SWEET PEAS

Marx, Dorothy: Sweet peas, p. 7 (Oct.-Nov.)

TECOLOTE CANYON

Klinefelter, Nibby: Succulents, p. 23 (Aug.-Sept.)

TIJUANA

Garcia, Rosalie: Tijuana tidbits, p. 12-13 (Aug.-Sept.)

TORREY PINES

Plant walk: The Guy Fleming Trail, p. 19-20 (Dec.)

TREASURE SHIP

Japanese, p. 31 (Dec.)

TREES, p. 15 (Oct.-Nov.)

TREES, BALBOA PARK

Chew, Ernest: Balboa park trees, p. 14 (Aug.-Sept.)

TREES, BARK

Witham, Helen V.: A primer for bark watchers, p. 14-15 (Apr.-May)

TREES, CHRISTMAS

Hotel del Coronado, 1904, p. 7 (Dec.); James, George: Living Christmas trees, p. 4-5 (Dec.)

TREES, COAST LIVE OAK, p. 11 (Oct.-Nov.)

TREES, EUCALYPTUS, p. 22 (Oct.-Nov.)

TREES, FERTILIZATION

James, George: Calendar of care, p. 19-20 (June-July)

TREES, PRUNING

James, George: Calendar of care, p. 20-21 (Aug.-Sept.)

TULIPS

Chew, Ernest: Tulips, p. 5 (Oct.-Nov.)

VEGETABLES (See also Specific Vegetable)

Garcia, Rosalie: Root vegetables: How to grow and eat them, p. 14-15 (Feb.-Mar.)

VINES, PRUNING

James, George: Calendar of care, p. 20-21 (Aug.-Sept.)

WATER LILIES

Gunther, Bill: Water lilies go democratic, p. 11 (June-July)

WILDFLOWERS (See also PLANTS, NATIVE & SEA)

Witham, Helen V.: Chocolate Bells II, p. 12 (Feb.-Mar.)

WORMS

Miller, John E.: Gardening with worms, p. 14 (Aug.-Sept.)

Miller, John E.: Grow your own earthworms, p. 13 (Oct.-Nov.)

WREATHS

Jones, Barbara: Wreaths and swags, p. 15 (Dec.)

Kemplant, George: Living wreaths, p. 29 (Dec.)

YULE

Definition, p. 7 (Dec.)

AUTHOR INDEX

ARNOLD, DIXON J.: Fly-thru bird cage, p. 9, 27 (Feb.-Mar.)

ARNOLD, HAZLE: Book Review: Sparrow, Norman, "The poetry of leaves," p. 28 (Oct.-Nov.)

BLICK, DORIS: Book Review: "Our Northern shrubs & how to identify them," p. 30 (Feb.-Mar.); "Plant materials of decorative gardening," p. 30 (Apr.-May); Kerr, Jessica, "Shakespeare's flowers," p. 25 (Aug.-Sept.)

BOWEN, ANN: Preparing driftwood, p. 27 (Aug.-Sept.)

BROPHY, GRACE: Poinsettia legends, p. 9 (Dec.); Sweet potato recipes, p. 17-18 (Dec.)

CHEW, ERNEST: Steps in city reforestation, p. 16 (Apr.-May); Balboa Park trees, p. 14 (Aug.-Sept.); Tulips, p. 5 (Oct.-Nov.)

CLARK, ALICE M.: Holiday house plants, p. 14-15 (Dec.)

CLOSE, DUANE BUD: Native orchids of San Diego County, p. 8 (Apr.-May); Orchids, p. 27 (Feb.-Mar.); p. 28 (Apr.-May); p. 20 (June-July); p. 24 (Aug.-Sept.); p. 24-25 (Oct.-Nov.); Holiday corsages, p. 17 (Dec.)

CROCKER, LORETTA: Preserve your arrangements, p. 23 (Dec.)

DALY, SIMONNE & HOSIER, SHIRLEY: Instant bonsai: An adventure in discovery, p. 9 (Apr.-May)

DE GROOT, LOUISE: Erigonum fasciculatum—buckwheat, p. 25 (June-July)

DOTY, MORRISON W.: Fuchsias, p. 26 (Feb.-Mar.)

ELLIS, CLARA E.: The clover mite and I, p. 29-30 (Oct.-Nov.)

FADEM, RON: Bamboo, p. 8-9 (June-July)

FISHER, SOPHIE: Book review: "Flower growing for flower arrangement," p. 28 (Oct.-Nov.)

GARCIA, ROSALIE: Root vegetables: How to grow and eat them, p. 14-15 (Feb.-Mar.); Squashes anytime, p. 12-13 (Apr.-May); Cukes on parade, p. 14-15 (June-July); Tijuana tidbits, p. 12-13 (Aug.-Sept.); Sunflower seeds . . . not for birds alone, p. 6-7 (Oct.-Nov.); Sweet potatoes, p. 16-17 (Dec.)

GARDNER, CARLTON: Growing the golden protea, p. 7 (Aug.-Sept.)

GRAY, JOSEPHINE: Let's make an herb garden, p. 10-11 (Apr.-May); Sweet equivocal basil, p. 25 (June-July); The story of a hose, p. 6 (Aug.-Sept.); Midsummer gossip about herbs, p. 19 (Aug.-Sept.); Harvest and renewal, p. 21 (Oct.-Nov.); A gift of herbs, p. 6-7 (Dec.)

GRUBER, PHOEBE: A garden club's anti-litter activity, p. 13 (June-July)

GUNTHER, BILL: Japanese iris, p. 5-6 (Apr.-May); Water lilies go democratic, p. 11 (June-July)

HARTFORD, RICHARD A.: Epiphyllums, p. 28-30 (June-July)

HOSIER, SHIRLEY & DALY, SIMONNE: Instant bonsai: An adventure in discovery, p. 9 (Apr.-May)

INNIS, DONALD: Mobiles, p. 11 (Dec.) 1970.

INNIS, VIRGINIA M.: An introduction to the new editor, p. 4 (Feb.-Mar.); The 200th anniversary's accent on flowers, p. 5-7 (Feb.-Mar.); Tips on preparing dried plant material, p. 27 (Aug.-Sept.); Mums, p. 9 (Oct.-Nov.); The oceans and lagoons are open space, too, p. 12-13 (Oct.-Nov.); Wilting rose restoration, p. 19 (Oct.-Nov.); The quest and loss of personal peace, p. 2 (Dec.); Mobiles, p. 11 (Dec.); Sparkling arrangements, p. 23 (Dec.); Seasoning boughs, p. 27-28 (Dec.)

JAMES, GEORGE: Calendar of care, p. 19-20 (Feb.-Mar.); p. 23-24 (Apr.-May); p. 19-20 (June-July); p. 20-21 (Aug.-Sept.); p. 23 (Oct.-Nov.); Roses, p. 26 (Aug.-Sept.); Camellias, p. 26 (Aug.-Sept.); Living Christmas trees, p. 4-5 (Dec.)

JONES, BARBARA: Park or parking, p. 4 (Apr.-May); Podocarpus gracilior (fern pine), p. 15 (Apr.-May); Japanese gardens, p. 22 (Apr.-May); Language of rocks, p. 26

June-July; p. 18-19 (Aug.-Sept.); Water garden edge planting, p. 12-13 (June-July); Think green, p. 4 (Aug.-Sept.); What is ecology, p. 4 (Aug.-Sept.); Florida canyon, p. 4 (Aug.-Sept.); One day tour of Kyoto, Japan, p. 17 (Aug.-Sept.); Pesticide disposal, p. 25 (Aug.-Sept.); A voice, p. 4 (Oct.-Nov.); Wildlife control by burning, p. 15 (Oct.-Nov.); Build a water garden, p. 26 (Oct.-Nov.); Book review: "Bamboo," p. 28 (Oct.-Nov.); Book review: "The very new Christmas make-it book," p. 28 (Oct.-Nov.); Christmas potpourri, p. 2 (Dec.); Mr. Poinsettia: Paul Ecke, p. 8 (Dec.); Wreaths and swags, p. 15 (Dec.); California Christmas, p. 24-25 (Dec.); Christmas espalier, p. 29 (Dec.)

KEMPLAND, GEORGE: Living wreaths, p. 29 (Dec.)

KING, VERLAN: Flowers in the lighthouse, p. 8-9 (Oct.-Nov.)

KLINFELTER, NIBBY: Succulents, p. 22 (Feb.-Mar.); p. 23 (Aug.-Sept.); Succulents: Schwantesia rubeuschi, p. 24 (Oct.-Nov.); Christmas cheer, p. 26 (Dec.)

KNOTTS, HELEN HAYES: Fuchsias: "Confiding love," p. 13 (Feb.-Mar.)

KULOT, BEVERLY: Book review: Creekmore, Betsey B.: "Traditional America crafts," p. 28 (Oct.-Nov.)

MARX, DOROTHY: Pot plants . . . a pleasant addiction, p. 10-11 (Feb.-Mar.); Thoughts on creative flower arrangement, p. 29 (Apr.-May); Simplicity in flower arrangement, p. 27 (June-July); Sweet peas, p. 7 (Oct.-Nov.); Greetings with arrangements, p. 13 (Dec.)

MILLER, JOHN E.: Gardening with worms, p. 14 (Aug.-Sept.); Grow your own earthworms, p. 13 (Oct.-Nov.)

MORGAN, VERA: Book review: "Manual of plant names," p. 30 (Feb.-Mar.); Helloborus: The Christmas rose, p. 12 (Dec.)

MUSSLER, ALLAN: Seed sowing, p. 19 (Apr.-May); Succulent cuttings, p. 16 (June-July)

PERSING, CHARLES B.: Camellias, p. 25 (Feb.-Mar.); p. 25 (Apr.-May)

PHELPS, LEROY N.: Cactus, p. 23 (Feb.-Mar.); Water gardening, p. 5-6 (Apr.-May); Cactus, p. 22 (June-July); Easter cactus: Schumbergera russelliana, p. 22 (Aug.-Sept.); Christmas cactus, p. 26 (Dec.)

RAINFORD, ALICE: Notes in Alice Rainford's notebook: Decorating the church or chapel, p. 20 (Oct.-Nov.); Memories of Kate Sessions, p. 20 (Oct.-Nov.); Perils of poinsettias, p. 9 (Dec.)

ROBERTS, SANFORD: Iris, p. 28 (Feb.-Mar.); p. 25 (Apr.-May); p. 21 (June-July); p. 25 (Aug.-Sept.)

ROBINSON, A. D.: Thoughts on Christmas, p. 5 (Dec.)

SISK, LARRY: Dahlias, p. 21 (Feb.-Mar.); p. 26 (Apr.-May); 5-6 (Aug.-Sept.); p. 22 (Aug.-Sept.)

STALSONBURG, JIM: So you have a box of cactus, p. 10 (June-July); Succulents, Aloe variegata, p. 22 (June-July); Desert landscaping, p. 8-9 (Aug.-Sept.)

STREIPER, RICHARD D.: Roses, p. 24 (Feb.-Mar.); p. 24 (June-July); Book Review: "Bamboos: A gardener's guide to their cultivation in temperate climates, p. 30 (Apr.-May)

WATSON, J. W.: Fuchsias, p. 28 (Apr.-May); p. 23 (June-July); p. 24 (Aug.-Sept.)

WILSON, DONALD A.: Roses: Judging the exhibition rose, p. 27 (Apr.-May)

WINSHIP, MARION: Book Review: "Rubies & roses—gems portrayed in flowers, p. 29 (Oct.-Nov.)

WITHAM, HELEN V.: Chocolate Bells, II, p. 12 (Feb.-Mar.); Primer for bark watchers, p. 14-15 (Apr.-May); Primer for name-callers, p. 10-11 (Aug.-Sept.); Let's go down to the seashore, p. 30 (Aug.-Sept.); Go native, p. 10 (Oct.-Nov.); Book Review: "Rocky Mountain trees, p. 29 (Oct.-Nov.); Book Review: "Winter Botany," p. 30 (June-July); Holly, p. 10 (Dec.)

WUEST, SARELLAN M.: That interesting garden on Reynard Way, p. 20-21 (Apr.-May)

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